COGNITIVE STEPS

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SYMBIS

SAVE YOUR MARRIAGE BEFORE IT STARTS

WHEN IS IT USED?

For dating, engaged, or newly married couples who want to prepare for a healthy and lasting marriage. It is especially useful before marriage to open important conversations and build a stronger foundation together.

WHAT IS IT?

A practical premarital assessment that helps couples understand their strengths, differences, and key relationship patterns before marriage. Each partner completes the assessment individually, then reviews the results in guided sessions focused on communication, conflict, expectations, finances, and lifelong partnership skills.

HOW MANY SESSIONS?

The SYMBIS assessment can be completed remotely and individually by each partner, in about 30–35 minutes per person. After both have finished, the couple meets together with the psychologist to review the results and apply them to their relationship. The feedback process is typically delivered in a structured series of 3, 5, or up to 8 sessions, depending on the couple's goals and needs.

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