COGNITIVE STEPS

www.cognitivesteps.com



Proven to reduce the risk of divorce by 30% and increase relationship satisfaction. (Stanley, Amato, Johnson & Markman, 2006)

PREPARE/ ENRICH

FOR ENGAGED & MARRIED COUPLES READY TO GO DEEPER

WHAT IS IT?

Prepare/Enrich is the #1 most trusted relationship assessment tool used worldwide for over 45 years. It's a science-backed, personalized couples program that helps you and your partner:

- Discover your unique relationship strengths.
- Identify growth areas before they become bigger issues.
- Build communication and conflict resolution skills.
- Understand how your personalities, upbringing, and values shape your relationship.
- Get on the same page about finances, family, parenting, intimacy, and more.

WHEN IS IT USED?

This program is designed for couples at any stage, whether you're engaged and preparing for marriage, newly married, or in a long-term relationship looking to grow deeper together. If you want to get aligned on the big topics (finances, family, intimacy, and more) before small issues become bigger ones, Prepare/Enrich is for you.

WHY PREPARE/ENRICH?

With over 1,200 peer-reviewed journal articles supporting its effectiveness and a worldwide network of certified facilitators, Prepare/Enrich is the gold standard in couples assessment. Every program is 100% personalized, no generic advice.

HOW MANY SESSIONS?

The program runs across 4 to 8 sessions (60–90 minutes each), covering key topics such as communication, conflict resolution, personality dynamics, finances, intimacy, and parenting, all tailored to what matters most to your relationship.

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