COGNITIVE STEPS

www.cognitivesteps.com

BEFORE "I DO"



Work through what matters before marriage.

WHAT IS IT?

Before “I Do” is a personalized premarital counseling program that gives you and your partner space to explore important conversations, understand your differences, and work through concerns before marriage. Sessions with a psychologist focus on your relationship priorities, from communication and conflict to expectations, intimacy, finances, and family boundaries.

WHEN IS IT USED?

For couples preparing for marriage who want to strengthen their relationship, address recurring disagreements, or clarify expectations. You do not need to have everything figured out before you begin.

WHY THIS PROGRAM?

If you prefer to begin with the concerns you already know rather than a formal relationship assessment, this program offers a counseling-focused option. Unlike our SYMBIS and PREPARE/ENRICH packages, it does not include either assessment. Instead, guided conversations and practical exercises are tailored to the issues that matter most to you. It is a different starting point, not a replacement for the insights offered by assessment-based programs.

HOW MANY SESSIONS?

The program typically includes 4–8 sessions, with the focus and pace agreed upon with your psychologist. If there are ongoing difficulties or concerns requiring more support, the number and/or length of sessions may be adjusted to your needs. Any changes, including additional fees, will be discussed and agreed upon before proceeding.

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