Additional Resources For Your Marriage

The materials listed below are often used in premarital and marital counseling. Couples should feel free to use these materials, as needed, to enhance their relationship. In addition, several helpful and easy-to-use personality and relationship inventories are listed below that may be helpful. All of the books and inventories listed below can be obtained by contacting ACCFS at 309-263-5536 or office@accounseling.org.

I. BOOKS (BY TOPIC).

A. Affection and love languages.

Comments: This book is very helpful in teaching couples how to best communicate and express love to each other. The author describes five primary “love languages” and shows how people tend to both give and receive love in different ways. This book is easily readable and is quite practical.

B. Communication and conflict resolution.

Comments: This book teaches communication and conflict resolution skills. It helps couples identify types of destructive conflict and teaches how to use the “speaker-listener technique” to deal with areas of misunderstanding. This book can be helpful to teach skills to young couples just starting their relationships and for married couples who are having marital conflict.

Comments: This book teaches communication and conflict resolution skills. It helps couples identify their “intimacy imprints” that shape behavior, beliefs, and expectations in marriage. The book shares four types of injured imprints that combine in marriage to create a negative cycle of pain. This book can be helpful to teach practical skills and principles to married couples that find themselves struggling to manage conflict in a healthy way.

Comments: This book teaches communication and conflict resolution skills. It helps couples identify a destructive relationship dance that characterizes most relationship conflicts. The author offers five practical steps that will lead to healthy interactions. This book can be helpful to teach practical skills and principles to married couples that find themselves struggling to manage conflict in a healthy way.

C. Gender Differences.

Comments: This book deals with what women need to know about the inner lives of men. The author did a survey of hundreds of men to obtain the information for this book. The results, given by topic, can be helpful to any woman who wants to understand her husband better. Informative and practical.
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Comments: This book deals with what men need to know about the inner lives of women. The author did a survey of hundreds of women to obtain the information for this book. The results, given by topic, can be helpful to any man who wants to understand his wife better. Informative and practical.


Comments: This book explores the wife’s need to be loved and the husband’s need to be respected. It discusses why spouses react negatively to each other and how they can overcome conflict and meet each other’s needs in a biblical manner.

D. General marital preparation.


Comments: This resource contains approximately 250 questions for engaged couples to ask each other. The questions help the couple learn about each other by ensuring they talk about important topics. While it is a good resource for any engaged couple, it is particularly suited for engaged couples who live a long distance from each other and who spend a significant amount of time talking on the phone.


Comments: This book provides engaged couples with a good overview of what to expect from marriage and the skills and attributes needed for a successful marriage. It covers a variety of topics including communication, expectations, love styles, gender differences, and couple spirituality. In addition to this book, there are two workbooks, one for men and one for women, which provide the couple with self-tests and exercises to help them apply the material.

E. Finances.


Comments: This book offers practical, biblical principles applied to common financial problems encountered in marriage whether couples are engaged, newly married, or empty nesters. It addresses a number of subjects very relevant to walking as a Christian in today’s world.

F. Sexuality.


Comments: This book is helpful for engaged and married couples who need information about developing Godly, healthy sexual intimacy. It is written from a Christian perspective and is tastefully done.


Comments: This book is helpful for married couples who would benefit from a biblical understanding of the higher purpose of marital sex in a way that brings the fulfillment of true oneness. In particular, it may be helpful for those that struggle with distorted thinking about God’s design for sex.
G. Prayer Journal.

Comments: This is a 12 week prayer journal for married couples. Every week begins with a few conceptual seeds related to marriage that are rooted in scripture and can branch out into multiple areas of their life. This provides couples the opportunity to journal and pray together on specific “seeds” taken from scripture. Some of the areas covered include agape love, forgiveness, commitment, thankfulness, and unity.

H. General Marriage Enrichment.

Comments: This book reveals how being intentional about small, practical helps within marriage can lead to a vibrant relationship. This book is recommended for those seeking to enrich their relationship, but would not be appropriate for couples in distress.

Comments: This book shows how your marriage can help you deepen your relationship with God. It includes discussion questions for couples and small groups.

II. PERSONALITY INVENTORIES.

Keirsey Temperament Sorter-II (KTS-II)
Description: This personality test is easy to take, score, and interpret. Understanding personality factors helps couples understand their tendencies and preferences for communication and decision making and how they will tend to interact. This instrument is very similar to the Myers-Briggs Type Indicator (MBTI) that is available through ACCFS (shown below). The KTS-II identifies several key personality traits such as extraversion, introversion, thinking (logical/analytical), feeling, organized, creative, practical, open ended, etc. There are several ways to obtain this tool:

Option #1: The basic form of this inventory can be taken online for free at: www.keirsey.com. Very helpful, personalized interpretive reports can be purchased online for a fee.


Myers-Briggs Type Indicator (MBTI) Step II Form Q
Description: This personality test delivers personalized information on communication, decision-making, dealing change and conflict. The instrument assesses five facets in each of the four personality dichotomies which helps explain the uniqueness of individuals in great detail and serves to identify the differences experienced between two persons of a given type. This inventory is taken online and is available through ACCFS.
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**Marriage Insights** by John Trent, Ministry Insights International.
Can be obtained: [http://www.ministryinsights.com](http://www.ministryinsights.com)
Description: This inventory is taken online. It takes approximately 10 minutes per person to complete. A 24-page report on individual and relationship strengths is generated. The report provides information about each person’s strengths, keys to effectively communicating with each person, overcoming conflict, and facilitating problem solving.

### III. RELATIONSHIP INVENTORIES.

**A. Internet-based.**

**PREPARE/ENRICH** by Life Innovations; [www.lifeinnovations.org](http://www.lifeinnovations.org).
Can be obtained by contacting ACCFS.
Description: PREPARE is for engaged couples; ENRICH is for married couples. These inventories provide an objective assessment of a couple’s strengths and weaknesses in the following 11 areas: marriage expectations, personality, communication, conflict resolution, finances, leisure activities, sexual expectations, children/parenting, family/friends, roles, and spiritual beliefs. In addition, each partner’s personality and family background is assessed.

PREPARE/ENRICH can be completed online. The couple’s responses are then computer scored. Results from the online administration are available very shortly after the couple finishes the test. An ACCFS counselor will review the assessment results with the couple.

**Couple Checkup**, powered by PREPARE-ENRICH
Can be obtained by contacting ACCFS, or online at [www.couplecheckup.com](http://www.couplecheckup.com).
Description: Couple Checkup is for engaged or married couples. This assessment is similar to PREPARE/ENRICH, but designed in a way that couples can take it on their own. The inventory provides an objective analysis of a couple’s strengths and weaknesses in 20 relationship areas.

**Love Languages Personal Profile** by Gary Chapman; [www.5lovelanguages.com](http://www.5lovelanguages.com).
Can be obtained free of charge online at [www.5lovelanguages.com](http://www.5lovelanguages.com).
Description: This assessment provides husbands and wives with their primary love language or how they tend give and receive love. Additional information about these love languages can be found in Gary Chapman’s book, *The Five Love Languages*.

If you have questions or need additional information, please contact ACCFS at 309-263-5536 or office@accounseling.org.

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