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Couple Check-up launched by 2-in-2-1 and Prepare/Enrich

With the stability of couple relationships, and their role in helping children enjoy a “Good Childhood” once again in the press, it is very timely that 2-in-2-1 and Prepare/Enrich have this week launched “Couple Check-up”¹, a fully interactive online tool which enables couples to take stock of their relationship health, and identify areas to work on, complete with useful exercises to encourage a positive and healthy relationship.

The check-up is based on the proven research base of Prepare/Enrich² which has now been used by over two million couples around the world. The areas identified, and the discussion it encourages have been validated and demonstrated to be those most likely to influence relationship stability and satisfaction.

“The use of a relationship check-up, or inventory, is one of the most effective ways to help every couple develop” says Dave Percival, founder of 2-in-2-1, “And the addition of this new tool that allows couples to self administer both the inventory and the feedback will enable the thousands of visitors to 2-in-2-1 to benefit from the insights for themselves.”

Andy and Tracy, a young couple, said: *“The process was easy, just a few self explanatory pages to read, and we set up our account in 10 minutes. – It took us each about 15 minutes to answer the questions - the results came back straight away. ‘We liked the fact that the report was tailored to our situation, we’re expecting a baby soon, and this was reflected in some of the areas like roles and responsibilities which are changing for us at present. ‘The report seemed very thorough, we went through it page by page, and then went back and looked at some areas in more detail. The layout was good, it was easy to read, and we wanted to read on through each of the sections.*

Another couple found that the report provided a good opportunity to talk: *“It was very encouraging, and confirmed much that we thought. At a time of significant change in the dynamics of our family, it gave us a good reason to sit down and discuss in a more focused way.”*

Couples that want further face to face help can link through the Prepare/Enrich office into trained facilitators across the UK. (www.prepare-enrich.co.uk). There are great benefits to working with a facilitator if you want to develop new ways of communicating and fully appreciate your characteristics as a couple – just a few sessions will help you practice skills that will help your understanding of each other, and build your strengths for the future.

Couples exploring the process said it's useful to have the back up opportunity to discuss the report. Tracey said: *'We found it very useful to look through the information ourselves first, but it was helpful to sit down with someone afterwards. It would be easy to look at the information but not act on it. There are some bits we want to look through again now and decide what we should do. It was helpful to have some parts of the report explained a bit more.'*

As a special bonus just for Marriage Week UK, couples will be able to save £10 off the fee to complete the inventory if they complete it between 8th and 15th February.

Editors Notes

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¹ See <http://www.2-in-2-1.co.uk/others/couplecheck.html> , <http://www.prepare-enrich.co.uk/couplecheckup.htm> or <http://www.couplecheckup.co.uk> to access the inventory

² For further details on the international research base behind Prepare/Enrich see <http://www.prepare-enrich.com/research.cfm?id=40>