

## Couple Mentoring Plan

Below is a list of topics that we offer to our mentees. Topics that were indicated from the Couple's Assessment as likely to be helpful have been checked.

Feel free to check any other topics that you feel would be beneficial to you as a couple and we will do our best to include them in your mentoring plan. If a topic(s) that we have indicated is NOT what you wish to discuss with us, write "No" in the column and we will remove it from the plan.

Topics Offered	Indicated By Assessment	Requested or Declined by Mentees
Managing and Coping With Stress		
Emotional Stability		
Communication		
Conflict Resolution		
Dealing With Your Partner's Style & Habits		
Granting Forgiveness		
Financial Management		
Finding Common Ground - Leisure Activities		
Preparation for Sex & Sexual Expectations (Engaged Couples)		
Sexual Fulfillment in Marriage (Married Couples)		
Men's Individual Session		
Woman's Individual Session		
Breaking Free From Pornography		
Getting Tested Before Marriage (STDs/STIs)		
Family of Origin Issues		
Establishing Boundaries/Leaving & Cleaving to Each Other		
Handling Cultural Differences		
Wedding Planning Boundaries		
Surviving the Holidays as a New Couple		
Protecting Your Marriage From Social Media & Friends		
Biblical Roles of Husbands and Wives		
Decision Making in Marriage		
Developing Spiritual Intimacy as a Couple		
Building Trust in Marriage		
Remarriage		
Stepfamily Issues		

\* To be discussed as part of other topics or address through reading assignments.

**We look forward to working with you as you prepare for your marriage/enrich your marriage.**

**Plan Prepared for:** \_\_\_\_\_ & \_\_\_\_\_

**Couple Approval of Plan:** \_\_\_\_\_ & \_\_\_\_\_

**Date:** \_\_\_\_\_