

SYMBIS

SAVING YOUR MARRIAGE BEFORE IT STARTS
A S S E S S M E N T

OVERVIEW & SAMPLE REPORT

Helping Couples Launch Lifelong Love Like Never Before



"I am floored. This is amazing! Couldn't be more excited to use this with couples in our church. It outclasses everything I've ever seen."

—Jonathan Hoover, NewSpring Church

SYMBIS ASSESSMENT CONTENT

The 15-page Report, packed with practical and personalized insights, makes this the world's most powerful pre-marriage tool. No need to explain confusing constructs—get straight to what matters most.

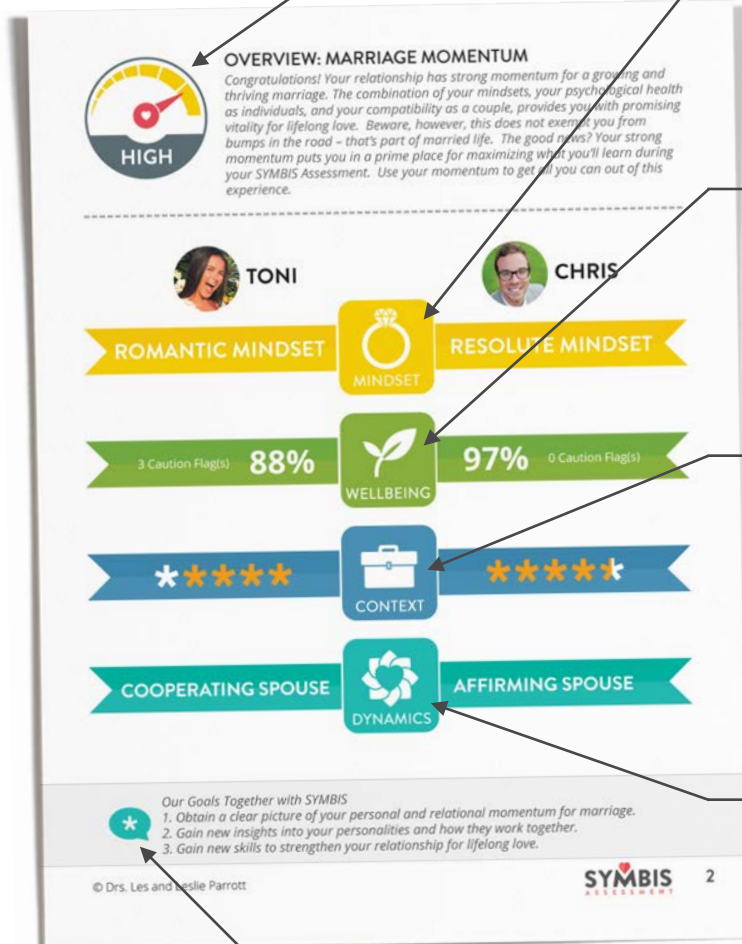
- **Marriage Momentum** gives you an at-a-glance aggregate of a couple's entire report.

• **Mindset:** Research reveals 5 possible attitudes toward marriage. The SYMBIS Report not only shows you which one each person has, but how their mindsets mesh.

• **Wellbeing:** A marriage can only be as healthy as the two people in it. The report reveals the psychological, emotional, and spiritual health of each person as well as any "caution flags" needing to be explored.

• **Context:** One not only marries another person but also their circumstances, their "baggage." The Report reveals each person's social support, financial picture, and family of origin. Second marriages and blended families can also be addressed.

• **Dynamics:** The Report shows how two complex and unique God-given personalities combine on the issues that matter most: love, sex, communication, conflict, attitude and spirituality.

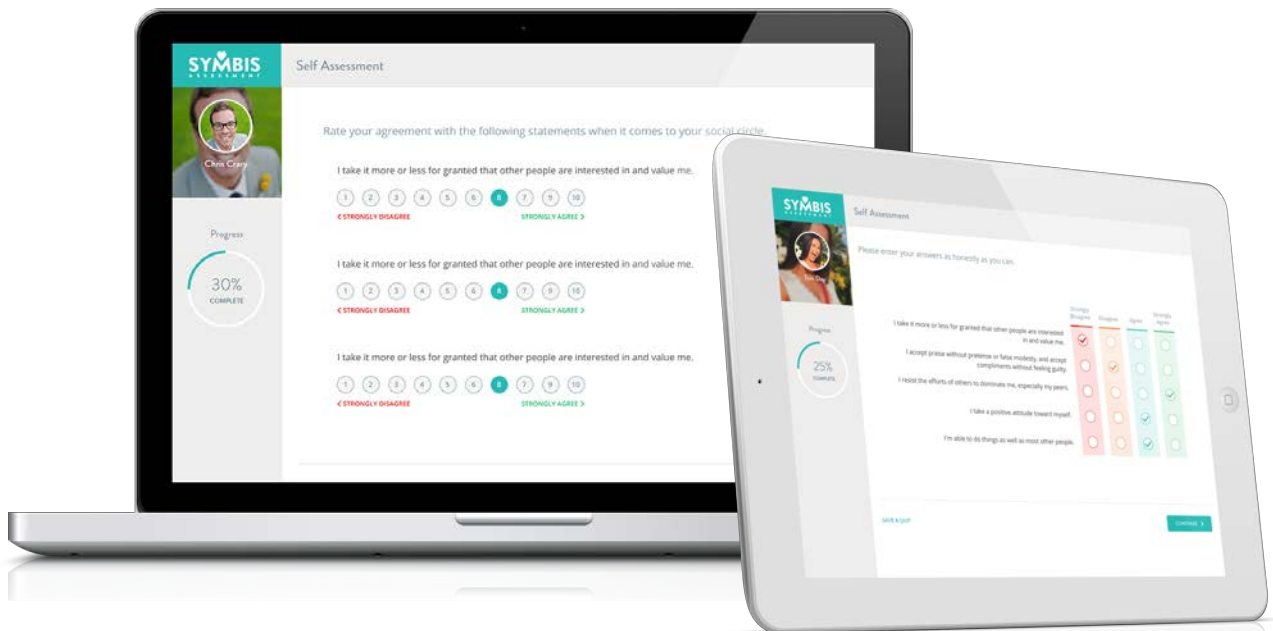


Overview page included in 15-page Report

- **50+ Discussion Starters** baked into the pages of the report, ensuring success as a facilitator and lively engagement from the couple.

ASSESSMENT EXPERIENCE

The experience of taking an online assessment has been reimagined for a new generation of couples - making it more flexible, interactive, and accessible than ever.



- Each person independently answers 300 questions in about 30 minutes
- 10 unique question-types, including drag-n-drop, image selection, etc., alleviates “survey fatigue” and bolsters validity of results
- Progress bar encourages participants along the way
- Accessible on virtually any screen, giving mobile-centric couples plenty of flexibility

WHAT PEOPLE ARE SAYING



“Every engaged and newlywed couple needs to read this book by Les and Leslie. And while you’re at it, don’t miss out on the incredible SYMBIS Assessment. It’s fantastic.”

Shaunti Feldhahn

Best-selling author of *For Women Only* and *For Men Only*



“There are few People I know more equipped to coach couples into healthy God-honoring intimacy, than Drs. Les and Leslie.”

John Ortberg

Pastor, Menlo Park Presbyterian Church



“Les and Leslie are the go-to couple for launching lifelong love. SYMBIS is right on the money.”

Dave Ramsey

Founder of Financial Peace University



“We want every couple we marry at Life.Church to experience the SYMBIS Assessment. It’s the best tool we have found. SYMBIS guarantees a personalized and profound process for helping couples start smart. Don’t miss out on this fantastic tool. What Les and Leslie have developed will take your marriage prep preparation process to a whole new level.”

Craig Groeschel

Founder and Senior Pastor of Life.Church



“What SYMBIS does is nothing short of revolutionary.”

Gary Chapman

Author of The Five Love Languages



“We love Les and Leslie. They are our go-to couple for all-things marriage prep. The SYMBIS Assessment is a must-do.”

Judah Smith

Author of Jesus Is ____



“I’ve been waiting for a strong, modern pre-marriage assessment - and SYMBIS is it! You won’t find a better, fresher, or more intuitive tool for helping today’s couples. It’s contemporary yet thorough grounded in decades of research.”

Dr. Tim Clinton

President of the American Association of Christian Counselors

— trusted by —



The following pages are an actual report from a real-life couple (Chris and Toni) who gave us permission to share their results. Keep in mind that every couple's SYMBIS Report is unique and personalized to them.

SYMBIS

SAVING YOUR MARRIAGE BEFORE IT STARTS

A S S E S S M E N T

Report for:



TONI DAY & CHRIS CRARY

Date Completed: 9/12/2014

Prepared by:

DRS. LES AND LESLIE PARROTT

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OVERVIEW: MARRIAGE MOMENTUM

Congratulations! Your relationship has strong momentum for a growing and thriving marriage. The combination of your mindsets, your psychological health as individuals, and your compatibility as a couple, provides you with promising vitality for lifelong love. Beware, however, this does not exempt you from bumps in the road – that’s part of married life. The good news? Your strong momentum puts you in a prime place for maximizing what you’ll learn during your SYMBIS Assessment. Use your momentum to get all you can out of this experience.



TONI



CHRIS

ROMANTIC MINDSET



MINDSET

RESOLUTE MINDSET

3 Caution Flag(s)

88%



WELLBEING

97%

0 Caution Flag(s)



CONTEXT



COOPERATING SPOUSE



DYNAMICS

AFFIRMING SPOUSE

The Saving Your Marriage Before It Starts (SYMBIS) book and His/Her Workbook Set can be used to augment your experience with this report—however, it's not required. A small prompt on some pages will point you to relevant chapters. Learn more: www.store.LesandLeslie.com



CONTEXT: EXPECTATIONS

Making your roles conscious: for most people, the biggest part of their “context” is what they unconsciously learned about a husband and wife’s roles from their family of origin.

We both agree on who is doing these things:



		Mom	Dad	Me	You	Mom	Dad	Me	You
Toni	Staying home with children	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Chris	Paying bills and handling finances	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Both	Yard work	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Both	Gassing up the car	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Chris	Fixing things around the house	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Both	Laundry	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Toni	Making the bed	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Toni	Cooking meals	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Toni	Grocery shopping	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Neither	Caring for a pet	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Toni	Decorating the house	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Toni	Disciplining the children	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Doing the dishes	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Taking out the trash	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Cleaning the house	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Providing income	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Maintaining ties with friends	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Maintaining ties with relatives	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Planning vacations & holidays	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Talking about spiritual matters	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Auto maintenance	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Making major decisions	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Initiating talks about relationship	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Scheduling social events	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

We need to decide on:

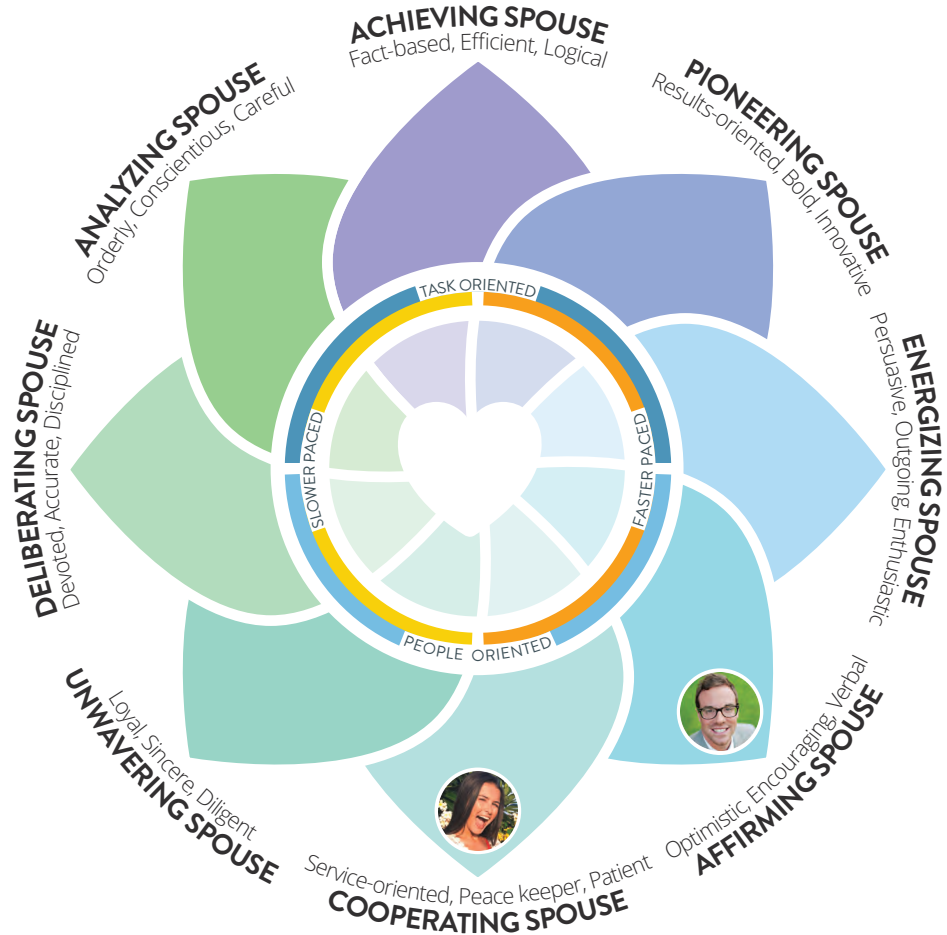


How are you going to handle role behaviors where you are currently not in sync?
What can help you decide who does what?



DYNAMICS

Here's a snapshot of your two personalities—their similarities and differences. There's no right or perfect combination, the key is understanding and appreciating your differences.



COOPERATING SPOUSE

You may be well thought of because you rarely antagonize others or rarely want the spotlight. You become most comfortable in situations when the best offense is a good defense. You seldom act aggressively toward your spouse, but will demonstrate a passive resistance from time to time. When meeting new people, you may be rather unassuming and mild mannered. You will be cooperative and easygoing in social groups and family events, because of an inherent need not to make waves or cause hostility. You are rather quiet and modest. You tend not to show assertiveness and are never domineering or self-centered. You prefer your spouse to be in the spotlight rather than yourself.



AFFIRMING SPOUSE

You show a tendency to be tardy or late; your natural interest in people causes this. You are so busy with others that you lose track of time and may cause conflict with your "on-time" spouse. You have to be with people. This extends into the need to gain popularity, achieve social recognition and influence those people around you, including your spouse. The "bottom-line" is a strong people orientation. You have a strong sense of humor. You usually know when to lighten a difficult situation, amuse and entertain people. You have a strong feeling of optimism, considered favorably by your spouse and most people around you. Your perception is that the glass is half-full rather than half-empty.



Identify the top 1 or 2 statements from your paragraph that you agree with most about yourself. Give some examples that explain why these are true.



DYNAMICS: LOVE

What is love? Perhaps it's no surprise that everyone seems to have their own answer. After all, each of us is hardwired uniquely for giving and receiving love.

HOW YOU VIEW LOVE IN PRACTICAL TERMS



COOPERATING SPOUSE

Being heart-felt, vulnerable, and giving the benefit of the doubt.



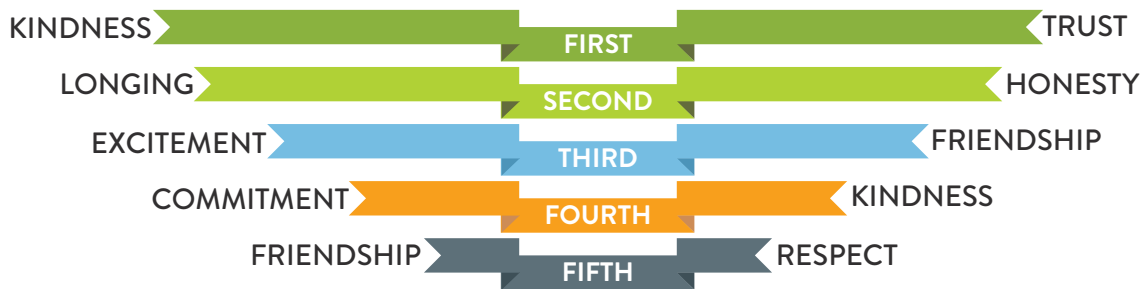
AFFIRMING SPOUSE

Being attentive and giving each other affection and acceptance.



What aspects of your definition do you agree with most and how would you elaborate on it? How can you help your partner love you in ways you most desire? Use concrete examples.

HOW YOU DEFINE LOVE



How are your top 3 items similar or different from each other? Elaborate on the qualities you chose. How would each of you complete this sentence: "I feel most loved when you..."

LET'S TALK ABOUT SEX

Are you abstaining from sex?

YES

TONI

YES

CHRIS

How do you rate your desire?

7

TONI

10

CHRIS

Who do you expect to initiate sex?

YOU

TONI

BOTH

CHRIS

How often do you expect to have sex?

EVERY OTHER DAY

TONI

EVERY OTHER DAY

CHRIS



As you prepare for marriage, what other sexual issues or questions come to mind? What issue related to sexuality causes some anxiety for you?



DYNAMICS: COMMUNICATION

Communication is the lifeblood of your relationship. The more understanding and better understood each of you feels, the stronger your marriage.



COOPERATING SPOUSE

You specialize in listening. You create a warm and safe environment for great conversations, allowing your partner to feel at ease and open much of the time. Your conversations are rarely judgmental and you're often quite patient, listening long after others would have interrupted. This goes a long way in helping you and your partner have collaborative conversations. You help your partner feel understood and valued and that helps them to open up. You try to stay clear of conversations that involve confrontation.



AFFIRMING SPOUSE

You're rarely at a loss for words. You love to talk. You bask in the attention of being listened to. It's one of your most telling ways of monitoring your approval rating with your spouse. The more your spouse listens, the more you feel loved. And you're adept at moving the conversation to be as entertaining as possible. You're likely a great listener, as well. But you want the listening to go both ways or it's no fun. So, communication for you is a primary means for giving and receiving love in your marriage. If you're having communication problems, you are, by defacto, having marriage problems.



What do you agree or disagree with? Why? What real life examples come to mind in illustrating your talk style?

HOW YOU LIKE YOUR PARTNER TO COMMUNICATE WITH YOU

- Plan sufficient time to talk and listen.
- Take time to be certain that you reach an agreement.
- Talk about expectations.
- Be sincere and use a tone of voice that shows sincerity.
- Plan interactions that support dreams and goals.
- Offer opinions and ideas that are stimulating.
- Be stimulating, fun-loving, and fast-moving.
- Attempt to isolate him from potential interruptions.
- Offer immediate rewards for accomplishments.
- Ask for opinions and ideas.



Select the two you resonate with most. Explain why they are important to you. Give examples of when and how they can do this for you. How can you help your partner succeed?

COMMUNICATION SKILLS YOU'D LIKE TO IMPROVE

- Being ready to apologize
- Identifying and expressing feelings
- Inviting and receiving feedback

TONI

- Listening without interrupting
- Coming across as personally warm
- Expressing more genuine interest

CHRIS



Why did you each choose these items? In practical terms, how can you improve and help each other in the process? Give examples.



DYNAMICS: GENDER

We all know men and women are different, but understanding how these differences drive our deepest needs, on top of our unique personalities, can make or break a relationship.



WHAT TONI NEEDS TO KNOW ABOUT CHRIS:

As your husband, Chris will need more shared activity.

As a dating couple, you enjoy lots of shared activity. Research shows this tends to diminish once you marry. Husbands place surprising importance on having their wife as a recreational companion.

Why this matters:

Chris, more than you, connects emotionally by doing things together.



WHAT CHRIS NEEDS TO KNOW ABOUT TONI:

As your wife, Toni will need to be cherished more than you think.

In your dating relationship, you focused a lot on wooing Toni. Research reveals that this will inevitably fade once you're married because you will become more focused on providing for her than cherishing her.

Why this matters:

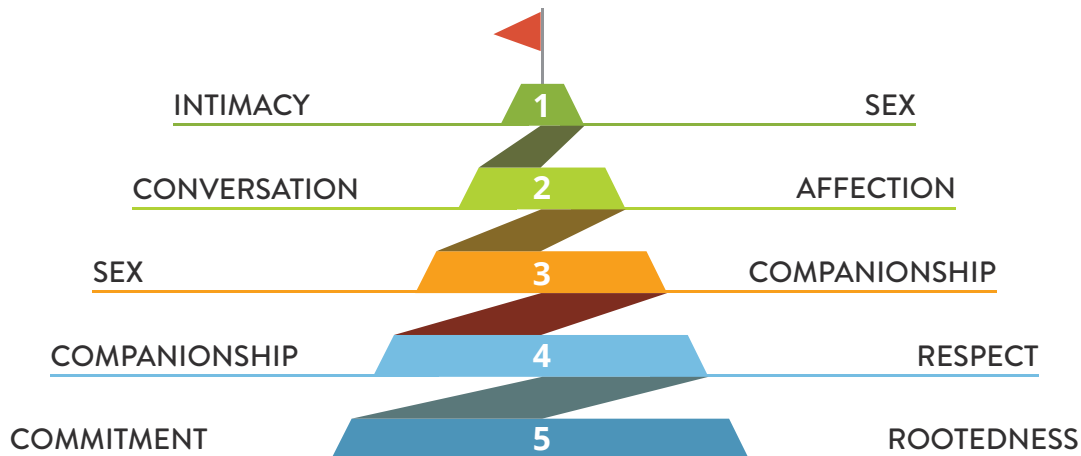
Toni will be more passionate and intimate with you when she feels cherished.



What recreational activities can you enjoy with Chris through the years?

In what practical ways will Toni know you are cherishing her?

YOUR TOP 5 NEEDS



Why do these needs top your list? How will your partner know when these needs are being met? Be as specific and concrete as you can.



DYNAMICS: CONFLICT

Conflict is inevitable, even for loving couples. It's the price we pay for a deeper level of intimacy. When you learn to fight a good fight, you can use conflict to your advantage.



COOPERATING SPOUSE

When making plans, you can be precise and systematic. You will display discernment and a good sense of timing in selecting the right decision at the appropriate time. At times, you may be rather hesitant in making decisions. This may occur because you have a need to obtain and evaluate information before making a decision. You may not attempt to commit yourself or declare intentions initially, but will when in situations where you can weigh the pros and cons of various ideas or activities. You are usually careful and cautious in most social and family situations. You will probably not go over the speed limits, or disobey written or unwritten rules in the community.



AFFIRMING SPOUSE

When working on plans for activities, you must feel that you are "in on things." You will generally offer creative ideas or suggest activities. You can be intense when confronted with a tough problem. The intensity may not always fit the problem; that is, sometimes you can get intense over a problem that looks tough, but in actuality is not. To be more effective, you should be more organized. Don't let things pile up; handle matters and get them out of the way, especially things that your spouse is counting on to be finished. You mean well in starting numerous activities, but your involvement with so many usually forces some aside. As a result, some things go unfinished.



What do you agree or disagree with? Why? Select two or three statements from your paragraph that you agree with most and explain how they may influence conflicts.

PERSONAL CONFLICT CHALLENGES

These can limit your ability to successfully manage conflict

- You hesitate to act on a problem unless a solution is clear, or the risk is small.
- You become evasive if not sure of a position, or the position of others.
- You become defensive when involving risk--preferring to keep things the same.
- You yield position to avoid controversy--attempt to avoid an antagonistic environment.
- You are not attentive to detail; as a result, some small details might be ignored or forgotten.
- You spend money impulsively rather than evaluating affordability.
- You are a situational listener if not given an opportunity to share ideas.
- You become so enthusiastic that you are impulsive in activities.



What do you resonate with most from each list? Explore why these happen and discuss what you can both do to grow in these areas. Use real life examples.

HOT TOPICS

Every couple has a list of issues that are prone to conflict. Your hot topics, listed in priority below, are most likely to spark tension for the two of you:



Knowing these topics are likely to spark tension, how can you use this information to curb conflicts? Give a concrete example of how you can better manage each one.