

## 2.2: Thinking About Education to Strengthen Marriages.

What have you done recently to try and strengthen your marriage? Some couples, even ones with some serious problems who are thinking about divorce, try some educational resources to try and improve their relationship.

**A. What books** have you read to try and strengthen your marriage? How helpful were they? If you haven't done this, look at the list of suggested books on page 13 in this guidebook and pick one to read, either by yourself or together as a couple. Write down the title here and set a goal for a date to read the book.

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**B. What websites** have you visited to try and strengthen your marriage? How helpful were they? If you haven't done this, look at the list of suggested websites on page 13 in this guidebook and pick one to browse, either by yourself or together as a couple. Write down the name and address of the website and set a goal for a date to visit the site or do it right now.

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**C. Have you ever** taken a marriage-strengthening class together (including a marriage preparation education class)? If so, what do you remember about that experience? What did you learn? How did you feel about the experience? Do you think it was helpful? Write down your thoughts here:

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**D. Do you think** you would benefit from taking a marriage-strengthening class, either by yourself or with your spouse, to help you resolve problems and communicate more effectively and increase your satisfaction with your marriage? Why or why not? As you answer this question, consider whether you would feel comfortable or awkward in class with other couples working on improving their marriages. Write down your thoughts here:

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**E. Are you aware** of some marriage-strengthening classes in your area? Does your church or other religious group offer marriage-strengthening classes? The Utah Healthy Marriage Initiative website ([www.utahmarriage.org](http://www.utahmarriage.org) or call 801-526-9317) lists marriage education classes in the state. Box 2.3 lists a number of popular programs and their websites. Do a little investigation of local resources and write down a few possibilities that you might be interested in here:

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