

Transform Your Relationship

PREPARE ENRICH

•building strong marriages•



PREPARE/ENRICH is a customized couple assessment completed online that identifies a couple's strength and growth areas. Based on the results, a trained facilitator provides feedback to help the couple discuss and understand their results as they are taught proven relationships skills.



A friend recommended that my husband and I should give each other our FB sign-in information and passwords as a sign of full transparency and trust. Are there any rules that go along with this?



Jason & Kelli:

First of all, we applaud you for doing this. We think all couples should know the user name and password to each other's profiles. This simple step can go a long way in creating mutual accountability and protecting the marriage.

But your full access pass does come with some house rules:

First, except for extreme circumstances, you shouldn't go on your mate's profile without their knowledge and permission first.

Second, if a concern or situation arises where either of you feels like you have to go on the other's profile, agree that you will talk with one another and share your concerns face-to-face.

Third, if you do go on your spouse's profile, you may not erase or delete any updates or pictures, or Block or Unfriend any of their FB Friends.

Finally, do not post any updates, send emails, or initiate or respond to chats posing as your spouse.



Jason:

Kelli uses my laptop sometimes to log on to her Facebook. One time, Kelli hadn't logged out so her account popped up when I tried logging into Facebook. I decided to post an update that would teasingly show her that I had been there. (It was an appropriate update, but I posed as Kelli and remarked about what a great husband I was, blah, blah, blah.) Unfortunately, three of her FB Friends commented on it before she happened to see it. I felt kind of bad about it and have never done it again.



Kelli:

You should feel bad because you sort of graffitied my FB Wall. (But you're still a great husband!)



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