

Pre-Marital Counseling with Ryan C. Bailey & Associates

Welcome

Congratulations on your engagement! The intentionality you're bringing to this season reflects a deep desire to build a Christ-centered marriage that honors God and one another. Pre-marital counseling is one of the most valuable investments you can make in your future together—not only does it help you navigate the transition into marriage with wisdom and clarity, but it also equips you with tools and patterns that will serve you for a lifetime.

What to Expect

Session Structure & Timeline

Initial Session (60 minutes): We begin with a comprehensive 60-minute session where we explore your relationship story, your individual backgrounds, your hopes for marriage, and any specific areas where you'd like focused support. This gives us a clear picture of who you are as a couple and allows me to tailor our work together to your unique needs.

Ongoing Sessions (30-minute "Laser Sessions"): After our initial meeting, most couples transition to highly focused 30-minute "laser sessions." These are strategic, concentrated meetings where we dive deep into one specific area at a time. Many couples report that these laser sessions feel just as impactful as a full hour because we come prepared with clear focus and build on the work we've already done together. Sessions are typically scheduled weekly, though we can adjust frequency based on your schedules and wedding timeline.

Total Number of Sessions: The number of sessions varies based on your needs and which modules you choose (see below). Most couples complete their pre-marital work in 8-12 sessions over 2-3 months, though some prefer a more intensive approach while others spread sessions over a longer timeline. We'll customize the journey to fit you.

Required Assessments

These assessments are essential components of our pre-marital counseling process. They provide data-driven insights that accelerate our work together and help us identify key areas to address during our sessions.

Prepare/Enrich – REQUIRED: This is the most comprehensive pre-marital assessment available and is completed once as a couple. It provides tailored insights into your relationship strengths, growth areas, and compatibility across multiple dimensions. Prepare/Enrich consistently identifies the core issues that need attention and guides our session priorities.

Myers-Briggs Type Indicator – REQUIRED: Each of you will complete your own MBTI assessment. This provides profound insights into your individual communication styles, conflict resolution approaches, and decision-making patterns, as well as how your personalities interact.



We will reference these results throughout our work together to help you leverage your differences as strengths rather than points of friction.

Optional Assessments

Five Love Languages: Reveals how each of you most naturally gives and receives love, reducing conflict and deepening emotional connection.

EQ-i 2.0 Emotional Intelligence: Provides 30+ personalized strategies for developing emotional intelligence—skills that will improve your marriage, your work performance, and your overall quality of life for years to come.

CliftonStrengths (StrengthsFinder): Identifies your unique strengths and how they complement each other in marriage, helping you build on what you each do best.

Pre-Marital Counseling Modules

Below are the core modules available in our pre-marital counseling process. **Modules 1 and 2 (Family History) are essential for all couples.** Beyond that, you select the modules that matter most to you. This is your counseling journey—we'll focus on what you need most.

Module 1: Family History – His Story *(Required)*

We explore the groom's family of origin, relational history, and the story of your relationship from his perspective. This module helps us understand the patterns, values, and expectations he brings into marriage, including testimonies of God's work in his life and key formative experiences that shape how he views relationships, commitment, and intimacy.

Module 2: Family History – Her Story *(Required)*

We explore the bride's family of origin, relational history, and the story of your relationship from her perspective. This module surfaces the patterns, values, and expectations she brings into marriage, including testimonies of God's work in her life and the experiences that have shaped her understanding of love, security, and partnership.

Module 3: Biblical Foundations of Marriage

We ground your marriage in Scripture, exploring what it means to reflect God's image as a married couple. Topics include the beauty of equality and difference, complementary roles in marriage, Christ-centered unity, covenant commitment, and the biblical design for lifelong love. This module establishes a theological foundation that will anchor your marriage through every season.

Module 4: Communication & Conflict Resolution

Healthy communication is the lifeblood of a thriving marriage. We'll develop practical skills for expressing needs, listening deeply, and resolving conflict in ways that draw you closer rather than drive you apart. You'll learn proven frameworks—including methods for managing differences, addressing hurt, and restoring connection—that turn conflict into opportunities for growth.

Module 5: Spiritual Intimacy & Growth

We explore how to build a shared spiritual life that deepens your relationship with God and with each other. Topics include choosing a church home, establishing rhythms for individual and couple devotions, practicing gratitude together, and cultivating a marriage centered on Christ. This module helps you develop spiritual disciplines that will sustain your marriage for a lifetime.

Module 6: Calling & Design

Each of you has been uniquely designed by God with specific gifts, passions, and callings. In this module we explore what God is calling you to individually and as a couple, and how your designs

complement each other. Using insights from assessments (if taken), we identify how to honor each other's calling while building a shared mission for your marriage.

Module 7: Leave & Cleave – Forming Your New Family

Marriage requires leaving your families of origin and cleaving to one another to form a new family unit. We'll discuss setting healthy boundaries with extended family, navigating holidays and traditions, managing expectations with in-laws, and deciding what elements from each of your families you want to carry forward into your own marriage culture.

Module 8: Expectations, Desires & Goals

Unspoken expectations are one of the leading causes of marital disappointment. In this module we surface what each of you expects from marriage, what you desire most, and what goals you have for your life together. We'll align expectations with reality, clarify non-negotiables, and create a shared vision for your first year and beyond.

Module 9: Financial Foundations

Money is one of the most common sources of conflict in marriage. We'll create a combined budget that honors both of your styles, discuss financial goals, establish tithing and savings practices, and develop a plan for managing money together. You'll learn how to have healthy conversations about spending, saving, and stewarding resources in a way that reflects your values.

Module 10: Sexual Intimacy

We explore God's beautiful design for sex within marriage and how the two of you can align with that design in a way that honors both of you. This module addresses expectations, desires, communication about intimacy, and how to cultivate a healthy sexual relationship that deepens your emotional and spiritual connection.

Module 11: Community & Relationships

No marriage thrives in isolation. We'll discuss the role of friendship, community, and accountability in your marriage. Topics include maintaining healthy friendships after marriage, finding couple friends, engaging in small groups or church community, and identifying mentor couples who can support your growth.

Module 12: Hobbies, Leisure & Vacation

Rest, play, and shared experiences are vital to a joyful marriage. We'll explore what hobbies you enjoy individually and together, how to plan regular date nights and weekend getaways, and how to establish vacation rhythms that refresh your marriage and create lasting memories.



RYAN C. BAILEY
& ASSOCIATES

Module 13: Ongoing Growth & Education

The best marriages are marked by a commitment to continuous learning. We'll identify marriage seminars, books, coaching opportunities, small groups, and mentor/peer couples that can support your growth. This module helps you create a plan for ongoing investment in your marriage beyond pre-marital counseling.

Module 14: Time Management & Life Rhythms

How you structure your time reveals your priorities. In this module we explore how to prioritize God, each other, work, rest, and community in healthy rhythms. We'll design a typical day and weekend schedule, discuss how to handle household responsibilities, and create a plan for your first year of marriage that honors the biblical principle of focusing on each other.

Module 15: Custom Topics Tailored to You

Every couple has unique dynamics, challenges, or questions. This module is entirely customized to address specific topics you want to explore—whether that's navigating cultural differences, managing career demands, addressing past wounds, planning for children, or any other area where you need focused support.

How to Get Started

Step 1: Review the Modules

Look through the module descriptions above and discuss which topics feel most important or relevant to you as a couple. While Modules 1 and 2 are required, you have freedom to prioritize the others based on your needs.

Step 2: Complete Required Assessments

You'll need to complete both the Prepare/Enrich assessment (\$35 for the couple) and the Myers-Briggs Type Indicator (\$125 per person, \$250 total). If you're interested in any optional assessments (Five Love Languages, EQ-i 2.0, or CliftonStrengths), we can discuss those during our initial session.

Step 3: Schedule Your Initial Session

Visit <https://koalendar.com/e/meeting-with-ryan-bailey> to book your first 60-minute session. Select a time that works for both of you, enter your contact information, and confirm your booking.

If you need to reschedule, you can cancel and rebook through the same link. Please note that cancellations within 48 hours of your appointment will be charged, as those time slots could have been made available to other clients.

Step 4: Come Ready to Engage

Before our first session, spend some time individually and together reflecting on your relationship story, what you hope to gain from pre-marital counseling, and any specific concerns or questions you'd like to address. The more you bring to the process, the more you'll receive.



Contact Information

If you have any questions before scheduling, please don't hesitate to reach out:

Ryan C. Bailey, M.A.C.C.

Founder & Principal Personal Consultant

Ryan C. Bailey & Associates

Email: ryan@ryancbailey.com

Phone: (404) 421-8120

Website: www.ryancbailey.com

Office Address:

2310 Parklake Drive, Suite 140

Atlanta, GA 30345

I look forward to walking alongside you as you prepare for a Christ-centered marriage that reflects God's glory and brings deep joy to both of you.

Grace and peace,

Ryan