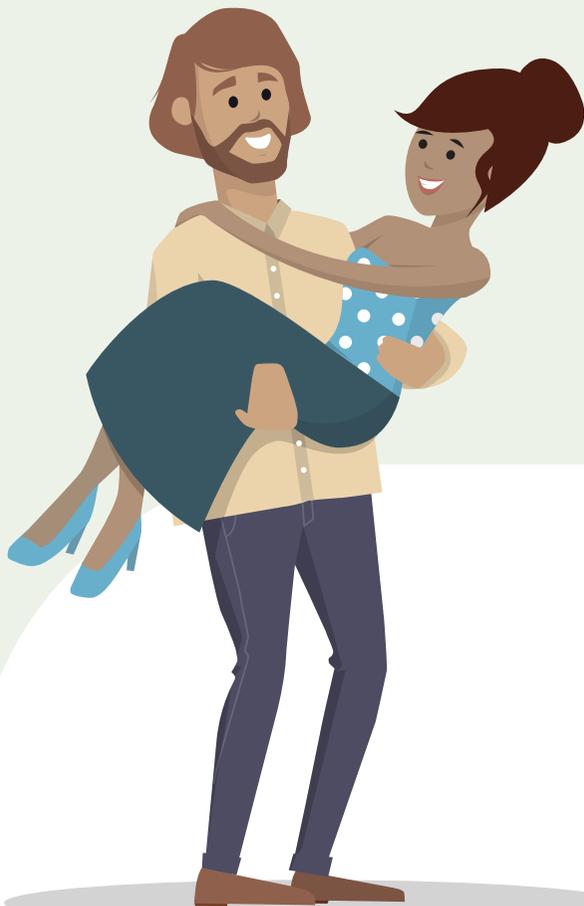


a wedding day is all about – a celebration of your commitment to each other!

So congratulations on your forthcoming wedding!! May you have a wonderful married life together.

Preparing for marriage

If you'd like to find out more about preparing for marriage, why not try our Marriage by Design marriage preparation course, designed for any engaged couple? You can either attend a Marriage by Design day near you or buy a DVD pack and work through the material together at home. For details about this resource visit cff.org.uk/marriagebydesign.



Support for couples at every stage of their relationship



For more information and tips on family life visit cff.org.uk

You might like to:

- Read *The Really Really Busy Person's Book On Marriage* by Rob Parsons and Katharine Hill cff.org.uk/shop
- Listen to our regular *Marriage Challenge Podcast* cff.org.uk/family-life/marriage-support/the-marriage-challenge
- Visit the *Prepare for Marriage* section of our website cff.org.uk/family-life/marriagesupport/preparing-for-marriage

Care for the Family seeks to promote strong family relationships and help those who face family difficulties.

 cff.org.uk

 029 2081 0800

 mail@cff.org.uk

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Top Tips For Marriage

Preparing for Marriage



Planning a wedding can be fun, but it's also hard work! In fact, sometimes it can be so all-consuming, that it's easy to lose sight of the long-term relationship goal of being married. Financial pressures, tight deadlines, family dynamics and sheer workload are just some of the things that can make wedding planning a top priority and potential pressure point for any engaged couple.

As well as planning the wedding day, engagement is also an important period in which to prepare for married life. Marriage is a new stage in your relationship, however many years you may have been together, so your engagement gives you an opportunity to stop and consider what you want your marriage to look like.

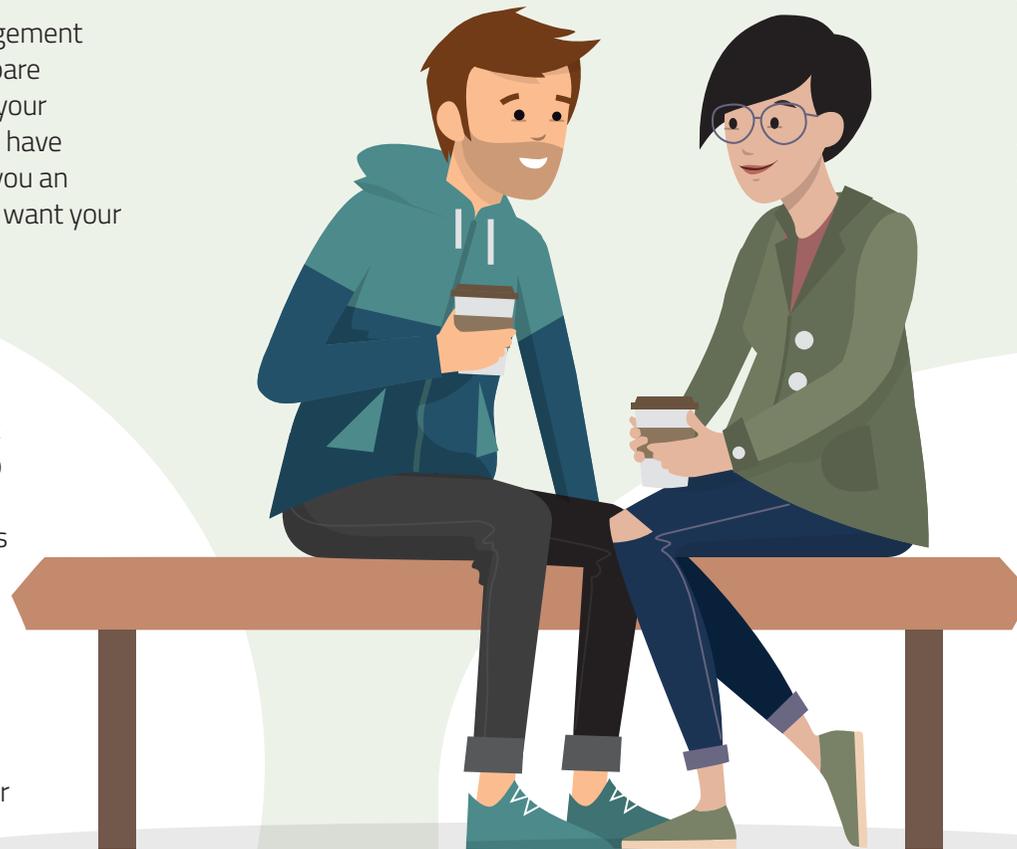
Look beyond the wedding day

What are your thoughts and feelings about getting married? How will your relationship change? What are your individual and joint expectations for married life? Many couples don't get the chance to ask themselves some of these basic questions before they get married, and discover later on that their expectations of married life were quite different. Often we are shaped subconsciously by the homes we grew up in, and our early experiences can impact our

view of what married life should be like. Take time to talk about your individual backgrounds, discuss any differences and similarities you may have, and share any thoughts about how you would like to do things as a couple once you are married.

Take time out from wedding planning

It's important for any couple to spend quality time together, so try to make sure you take time out from wedding planning simply to have fun. Whatever you decide to do, whether it's a romantic meal or a walk in a local park, try to set aside one evening each week as a date night where all talk of the wedding day is banned and you can just enjoy one another's company.



Keep talking

Communication is a key part of any relationship, and it's vital that you keep talking, not only about day-to-day activities and wedding arrangements, but also about deeper issues such as your hopes, dreams, hurts and fears. Being open about these things doesn't always come naturally, but giving each other the opportunity to talk and be listened to (without interruption!), helps you to build a deeper connection and a more loving relationship.

Argue well

Tensions when planning a wedding are highly likely – and when tensions are high, there is the potential for arguments! And even if you don't experience wedding prep rows, it's inevitable that there will be times of conflict in your relationship. But what's important about conflict is not whether it happens, but how you handle it. When you have disagreements, remember that you are both on the same team and focus on resolving the issue together rather than trying to win the argument. Be quick to forgive each other when you get it wrong.

The value of commitment

When you get married, you are choosing to be committed to one person for the rest of your life and in relationships that last a lifetime, commitment over the long haul is what makes the difference. Commitment says: "I choose to love you, whatever happens, whoever I meet, whenever we have problems and whether or not I feel in love."

Commitment means putting the relationship above individual needs and tells the world that you are united as a couple. And it's what