

*Dear Mentor Couple,*

Thank you for your willingness to embark on an extremely important and life-changing journey! As a mentor couple, you will become one of the greatest gifts that another couple can receive. Mentors serve couples by answering questions they have during their engagement and future marriage, but also by serving as steady and reliable role models in challenging times. Through the mentoring process, each couple learns that no individual—and no couple—is an island unto themselves. Community is crucial in relationships! Indeed with your support and witness as a guiding light on their journey, they will improve their relationship satisfaction and thrive together.

A good mentor ideally becomes a secure attachment figure, a “safe haven” and a “secure base” to the engaged couple:

- **Attachment Theory:** It is through your wisdom, witness, and consistent emotional and practical support of the engaged couple that you become the trusted or “stronger, wiser other.” In the best case, the couple you are mentoring will instinctively turn to you during times of emotional struggle or in circumstances and decisions surrounding their romantic relationship. Attachment Theory is a proven psychological theory and provides the foundation to the *Witness to Love* system of mentoring.
- **Safe Haven:** Mentors, as a “safe haven,” provide comfort and help to each individual in diminishing stressors related to their relationship with their beloved. Similarly, the mentors help to organize others’ emotional experiences and provide balance to decision-making, especially in times of difficulty. Your relationship provides a sense of security towards you—an implicit trust in you and the reliability of your support.
- **Secure Base:** By providing the roots of security in and through your relational support you can become a “secure base.” You do this by assisting the couple in a genuine exploration of the health of their relationship with their beloved and enabling a more balanced view of their beloved. You can also help them with inward exploration: an interior look at one’s level of virtue particularly in their relationship with their beloved.

Overall, your help optimizes their ability to take the risks to do some serious soul-searching and develop an honest and courageous appraisal of areas in need of strengthening. Only when they can truly embrace their weaknesses, by identifying and acknowledging their insecurities and limitations, can they accept the opportunity for conversion. The next step is to make deeper and more enduring and redemptive changes in their own lives, and in their relationship.

Through God’s grace, as mentor and secure attachment figure, you provide at least part of the attachment security and safety necessary for the couple’s growth and maturation as people, and together, as a couple, as they blossom into a family. As an instrument of God, you allow God’s grace to work beautifully through you to the couple.

Your deepened personal relationship with God, and prayerful reliance on Him, is vital during this process. Be assured of our prayers for you on this exciting journey.

In His Love,



## About the Workbook

The Couple's Workbook is a powerful resource that helps couples identify areas of improvement, and provides a proven plan to achieve growth in the virtues necessary for a strong and joy-filled marriage. You are encouraged to work through the same material as the couple you are mentoring and share your experience at each meeting. Please also read together the Mentors Journey hand-book that was included with your materials. This will help you understand the foundations of the program, and better prepare you walk with the couple you are mentoring through this process.

These are general guidelines for each section of the workbook. Some chapters have additional sections particular to that lesson. Be sure to read the "Planning Ahead" section at the beginning of each chapter to ensure you are prepared for the upcoming meeting.

### Introduction

This section appears at the beginning of each chapter and is designed to provide a good overview of the themes of the lesson. Included are the key virtues you will be focusing on for that chapter. This section is to be read ahead of the meeting by you and the engaged couple.

### A True Story

Also read ahead of time, this story enhances the theme of the chapter with real-life examples.

### Extremes and Remedies

In this section, both you and the couple you are mentoring should work through the exercises to honestly assess where you fall on the scale of each virtue. It's important that this be done individually, without discussion with your beloved ahead of the meeting time. This section forces you to look deep into your own behavior patterns and helps you identify those areas in which you need to grow in virtue.\*

\*Note: These scales, which appear in each chapter, simply provide an opportunity for self-assessment, self-awareness, and will help you communicate with your beloved, so that together you can grow in virtue. The word "Extreme" on each scale simply refers to how far away you are from properly living out the virtue described.'

### How Did It Go?

This is first section done together at the meeting. Here you should ask the couple you are mentoring to share their experience over the past month as they worked on their chosen area(s) of improvement. It's simply a conversation in which they can share their successes and failures, along with their commitment to keep moving forward.

### Video Witness Couple

After your brief conversation, you should play the video for your particular meeting. These video witness couples personify one or more of the virtues you'll be focusing on for that lesson.

### Mentor Led Discussion

Here you guide the couple through a series of questions based on the opening story to the chapter and the video witness couple.

### Mapping It Out

Both you and the engaged couples should walk through the questions in this section, with the goal of coming away from this meeting with a tangible action plan.

### Daily Follow Up

Both you and the engaged couples should work through this daily plan between the meeting days. Be sure to check in with the couple if you are able at least once between meetings to see if they're following their action plan.