

FICTIONAL COUPLE SAMPLE

Marriage Health Profile Report

A guided picture of strengths,
growth, and one faithful next step

DEMONSTRATION PROFILE

Michael & Sarah

Sample results created to show what participants receive
after completing The Intentional Marriage Health Profile.

No real person's answers, score, or report information appear in this PDF.

AWARENESS • UNDERSTANDING • INTENTIONAL GROWTH

The Intentional Marriage Health Profile™

A Christ-centered educational reflection tool - not a diagnostic assessment

IM

BEFORE YOU BEGIN

What This Sample Report Shows

This abbreviated sample demonstrates the style, care, and practical direction of the full personalized report.

1 AWARENESS, NOT A LABEL

The profile helps couples notice patterns and opportunities. It does not define a marriage as good or bad, and it is not intended to diagnose a mental-health or relationship disorder.

1 A personalized snapshot

Participants receive a clear overall score, a description of their present season, and an explanation of what the score does and does not mean.

2 Strengths worth protecting

The report identifies what is already working so growth begins with gratitude and stewardship, not only with problems.

3 A focused growth zone

Rather than overwhelming couples with everything at once, the report highlights the area most likely to influence the current emotional climate.

4 A practical next step

Scripture, reflection, conversation prompts, and a small repeatable practice help the couple move from insight toward action.

Pause before reading further

"What do You want to reveal about me?"

The full report invites participants to read slowly, pray, reflect, and let one clear step matter more than trying to absorb everything at once.

SECTION 1

Your Marriage Profile

A concise way to name the current season before trying to fix the symptoms.

SAMPLE PROFILE NAME

The Growing and Reconnecting Marriage

This marriage shows meaningful commitment and acceptance. Under stress, however, quick emotional reactions can make both spouses feel unheard. The invitation is to slow the moment down, become curious, and choose a response that protects connection.

WHAT IS ALREADY PRESENT

- A dependable sense of commitment
- Acceptance that creates room for honesty
- Awareness that past experiences affect the present

WHAT IS ASKING FOR CARE

- Slowing reactions before words create distance
- Expressing needs without blame or withdrawal
- Repairing more quickly after a difficult moment

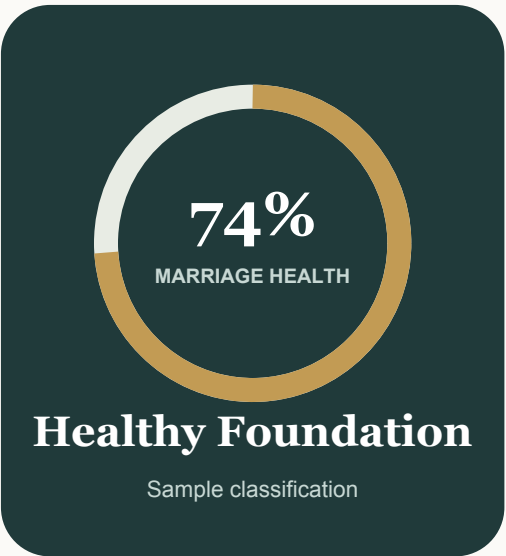
**WHAT A REAL PARTICIPANT RECEIVES**

The actual report is generated from the participant's own responses. It explains the profile in plain language and connects the findings to relevant Intentional Marriage concepts, Scripture, and practices.

SECTION 2

This Score Is a Snapshot, Not a Sentence

The number creates a starting point for reflection. It is not an identity, prediction, or diagnosis.



HOW TO READ THE SCORE

Michael and Sarah's fictional result reflects real strength alongside an important growth focus. The report does not encourage them to chase a perfect number. It helps them see what is healthy, what feels strained, and what one intentional decision could change next.



In the full report

Participants see a tailored explanation based on their score range and current growth level.

Foundational Relationship Needs

Four needs that often influence how spouses think, feel, communicate, and connect.



Primary strength



Healthy and worth protecting



Meaningful foundation



Primary growth opportunity



WHY THIS MATTERS

When security feels strained, ordinary disagreement can feel threatening. Strengthening emotional and spiritual safety can improve communication, trust, and closeness across the marriage.

SECTION 3

Primary Growth Zone: Emotional Reactions

The report focuses attention on the area most likely to influence the present emotional climate.

MOVEMENT GOAL

Move from emotion-led reaction toward Spirit-led response and repair.

1

Why this matters

The first few seconds of a hard conversation often determine whether spouses move toward understanding or self-protection.

2

How it influences everything

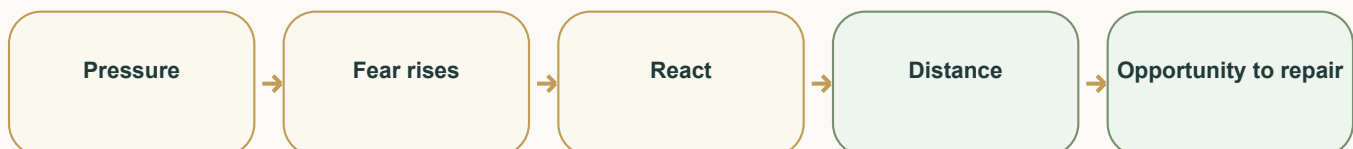
Fear can change tone, silence curiosity, and make a manageable issue feel like a threat to the relationship.

3

What growth can produce

A steadier response creates more safety, clearer ownership, faster repair, and greater confidence that difficult conversations can end well.

The pattern the report helps make visible



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THE GOAL IS NOT EMOTIONLESSNESS

Emotions are signals. The growth opportunity is learning to notice the signal without allowing fear to decide the next word, silence, or action.

SECTION 4

What to Protect and What to Strengthen

Healthy growth begins by naming both realities with honesty and hope.

Three Strengths

Acceptance

78%

A growing ability to communicate, 'You are loved here, even when we need to work through something.'

Protect this strength with gratitude and repetition.

Commitment

76%

A dependable desire to protect the covenant and keep choosing the marriage when life becomes inconvenient.

Protect this strength with gratitude and repetition.

Baggage Awareness

74%

Awareness that reactions can carry pieces of the past, making compassion and ownership more possible.

Protect this strength with gratitude and repetition.

Three Growth Opportunities

Emotional Regulation

58%

Slowing down before fear, anger, or shutdown decides the direction of the conversation.

Give this area focused, patient attention.

Speak Life

62%

Using words that tell the truth while protecting dignity, identity, and emotional safety.

Give this area focused, patient attention.

Repair and Forgiveness

64%

Returning more quickly after hurt with ownership, apology, grace, and practical follow-through.

Give this area focused, patient attention.



BALANCED REPORTING

The report never treats a growth opportunity as the whole story. Strengths show what the couple can build from; growth areas show where intentional care can have the greatest impact.

SECTION 5

From Reacting to Responding

A practical framework helps couples recognize what fear does and practice a healthier alternative.

REACT

Fear-led protection

Fight / Flight / Freeze

Attack, escape, or shut down before wisdom has time to speak.

Defensive Walls

Explain, correct, or prove instead of becoming curious.

Avoidance

Use silence, distraction, or delay to stay away from discomfort.

Victim Thinking

Let pain become the whole story, making ownership feel unsafe.

RESPOND

Faith-led connection

Love and Honor

Protect the person while honestly addressing the issue.

Healthy Boundaries

Keep clarity, kindness, and appropriate limits in the room.

Responsibility

Ask, 'What part of this is mine to own?'

The 4 C's

Communicate, cooperate, collaborate, and commit as one team.

Two caring perspectives

The full report may include practical observations written in Bryan and Stephanie's voices.

BRYAN'S FIRST THOUGHT

What stands out is not a lack of love. It is the speed of the reaction. If Michael and Sarah can slow down the first thirty seconds, their commitment and acceptance give them something strong to build from.

STEPHANIE'S FIRST THOUGHT

I would invite them to replace mind-reading with one honest, gentle question: 'What did that moment feel like for you?' Curiosity can lower defenses and create room for both people to be known.

SECTION 6

Two Experiences, Presented With Equal Care

When both spouses participate, the shared report highlights similarities and differences without deciding who is right.



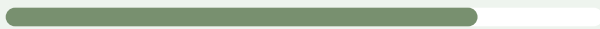
IMPORTANT COUPLE-REPORT PRINCIPLE

A difference in experience does not mean one spouse is accurate and the other is wrong. Scores describe how each person experienced and reported the same area.

WHERE YOU SEE IT SIMILARLY

Commitment

Michael 79%



Sarah 77%



Both spouses describe commitment as a dependable strength.

WHERE EXPERIENCES DIFFER

Emotional Safety

Michael 68%



Sarah 49%



One spouse feels mostly safe to speak; the other is more guarded.

WHERE YOU CAN GROW TOGETHER

Repair After Conflict

Michael 61%



Sarah 58%



Both recognize that returning after hurt could happen sooner.

STRENGTHS YOU BRING

Responsibility / Encouragement

Michael 76%



Sarah 80%



Different strengths can support the marriage when they are offered without control.

"Help me understand what has made this feel this way for you."

A conversation prompt turns a score difference into an invitation to understand.

SECTION 7

Insight Becomes Useful When It Becomes Practice

The report narrows the next step so a couple can begin without feeling overwhelmed.

ONE FAITHFUL STEP

Practice the Two-Minute Pause

When either spouse feels emotionally activated, pause for two minutes. Breathe, pray one honest sentence, and return with this question: 'What do I want my spouse to understand about what is happening inside me?'

Your first seven days

1 Notice

Name one physical or emotional signal that tells you a reaction is building.

2 Pause

Use the agreed phrase: 'I care about this. I need two minutes so I can respond well.'

3 Pray

Ask God for humility, courage, and words that protect truth and love.

4 Return

Come back when promised. Begin with ownership before explanation.

SCRIPTURE FOR THE WEEK

"Everyone should be quick to listen, slow to speak and slow to become angry."

JAMES 1:19

**A FULL REPORT GOES DEEPER**

Participants may also receive recommended Scripture, prayers, reflection questions, book references, exercises, and a multi-week growth plan selected for their results.

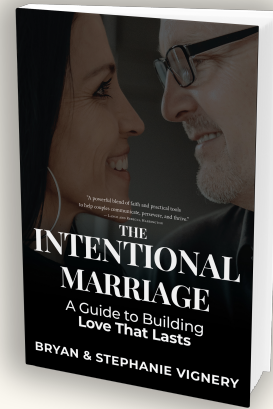
WHAT COMES NEXT

A Report Is a Beginning, Not a Label

The goal is movement: awareness, honest conversation, prayer, repair, and small faithful choices repeated over time.

Included in the full experience

- + A personalized individual report
- + A shared couple report when both spouses participate
- + Strengths, growth opportunities, and a primary growth zone
- + Conversation prompts and practical next steps
- + Relevant Scripture, prayer, practices, and book connections
- + An optional eight-week Intentional Marriage Growth Path
- + Private access through the participant's secure account



OPTIONAL COMPANION RESOURCE

The Intentional Marriage

A guide to building love that lasts

Discover what is shaping your marriage

Complete the profile privately, receive a personalized report, and choose one intentional next step that fits the season you are in.

[MYINTENTIONALMARRIAGE.COM](https://myintentionalmarriage.com)

Scan the code or visit the website to learn more.



Created by Bryan and Stephanie Vignery

The Intentional Marriage Health Profile is a Christ-centered educational reflection experience designed to help couples reconnect, rebuild, and renew one intentional step at a time.

This sample uses fictional composite results and is not professional or clinical advice.