



# COMMIT

Communication assessment inventory for  
couples approaching the  
Sacrament of Marriage

# Overview & Process

For a couple who are preparing to marry, it is important for them to explore their relationship and develop the skills needed to handle the challenges that inevitably arrive when people share their lives.

COMMIT is an inventory based programme conducted over two sessions. It is not a test, there is no pass or fail. It is an opportunity for a couple to reflect on their relationship, identifying their strengths and any challenges or areas of growth needed.

COMMIT covers a broad range of relationship areas under 11 categories including; Family of origin; family and friends; lifestyle; interests and compatibility; communication; intimacy and sexuality; managing conflict; financial management; parenting and children; expectations and readiness; spirituality and values; marriage covenant.

After completing the inventory, couples usually discuss and process their responses. A COMMIT facilitator will help to guide the couple through their responses in a safe and supportive environment. The aim is for each person to know how the other thinks about a given category. The facilitator is there to assist the couple in identifying their strengths and areas for further reflection to enhance the building of skills necessary to nurture the relationship.



For more information, you're welcome to contact:

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