

REFOCCUS

RELATIONSHIP ENRICHMENT FACILITATING OPEN COUPLE COMMUNICATION, UNDERSTANDING & STUDY

REFOCCUS is written for the average married couple. It can be used as a marriage preparation tool for couples who are civilly married for more than two years and are seeking Church validation.

REFOCCUS is intended to focus the couple on issues that are important in their marriage today. The instructions ask each of them independently to circle “Agree,” “disagree,” or “Uncertain” to the statements in each Section. The definitions given for each of these response words indicate that the responses are time-limited and probably not “carved-in-stone.” The couple is given a procedure to check each other’s response and those of the “Authors’.” The “Authors’ Response” represents the “best” or “healthiest” position that can be derived from research data and from couples’ and counselors’ lived experience.

REFOCCUS Statements are two-fold: 1) Bringing issues to discussion is the major purpose of REFOCCUS. The interaction of the couple around the issue allows the necessary “refocus”: 2) Reading, thinking about, and responding to the statements brings the issue “in focus” for the individual, and provides some educational input on what is important to the healthy marriage process.

REFOCCUS is written to affirm and promote growth in strong marriages; it is written to give direction and help to the ordinary couple struggling with the daily questions of marriage.

REFOCCUS will surface through sharing, listening, discussion, and problem-solving:

- What individual and couple strengths and weaknesses are in the topic area;
- What growth has occurred over years in the areas being “refocused”;
- What feelings and thoughts both husband and wife have about the area today;
- What problem-solving is needed in the area;
- What growth or change or development each one, and the couple together, are ready to do.

REFOCCUS used as a tool for communication, understanding and study, is correctly used. If used as a way to categorize a relationship, is misused.

If you are interested in participating in the **REFOCCUS** process please contact your priest or marriage ministries coordinator at your local parish.