

HOW TO WRITE THE PRESENTATION

The DIALOGUE QUESTIONS listed in each talk are for written reflection and dialogue by the presenting couple. Allow enough time to do a thorough job. Once this is done the OUTLINE FOR PRESENTATION will serve as a guideline for putting the feelings and thoughts expressed in answering the questions into an honest and open presentation. Twenty minutes is a good time length to work toward.

Make sure there are feeling words and concrete examples in the talk. If there is something you simply can't share at this time, work with the other questions or something that might occur to you because of the topic. These are only guidelines meant to help you look at your vivencia. Use personal pronouns, I, we, etc., and avoid lecturing or teaching. Again, it is the personal experience of what you learned or perceived that is valid in this type of talk.

We, the Image Training Team for Milwaukee Marriage Encounter, will go on record as saying the greatest personal growth takes place when we take on a topic that is somewhat "touchy". We promise growth in confidence and in other areas of your married life as you become a presenting couple.

HDIF - How do I feel?

HDIFAT - How do I feel about that?

HDTMMF - How does that make me feel?

COMMUNICATION THROUGH SEX

PURPOSE: To allow us the opportunity to evaluate our feelings and attitudes about sex and to be able to share them with our spouse.

DIALOGUE QUESTIONS BEFORE WRITING PRESENTATION:

Before preparing your presentation, answer the following questions in writing and then dialogue on them.

1. What do I like about our sexual relationship?
2. HDIF about touching? HDIF about being touched?
3. HDIF when you suggest some variety in our sexual activity?
4. How do I communicate my feelings concerning sex to you?
5. HDIF when you say no? HDIF when you say yes?
6. I feel uncomfortable about our sexual relationship because.....
7. What are my feelings about my body? About your body?
8. Do I feel that our attitudes toward our sexual relationship have changed since our marriage? HDTMMF?
9. When our children ask questions about sex, I feel.....
10. How have my childhood attitudes toward sex affected my present attitudes? HDTMMF?
11. What are some of the "non-verbals" that I use to communicate my sexual needs and desires to you?
12. How do I reveal my sexuality to you other than by physical response?
13. What are my warmest memories about our sexual relationship? HDTMMF?

TELEPHONE QUESTIONS FOR COUPLES:

How have we grown in our sexual relationship since we got married? HDTMMF?

OUTLINE FOR PRESENTATION:

Suggested time for your presentation is twenty minutes.

I Introduction

- A. State the purpose of the talk as given above.
- B. Define sex and distinguish it from sexuality.
- C. Recall and share your experiences of affection, emotional attraction and physical response.

II Body

- A. Alternate between husband and wife in giving examples of:
 - 1. What messages about sex were received as a child and are still being received as an adult from family members?
 - 2. What are some messages about sexual attitudes that we receive from society?
 - 3. What were my expectations of the sexual relationship in marriage prior to our marrying?
- B. State the importance of active communication to avoid assumptions and misunderstandings (Confidence and Dialogue).
- C. What are some of the barriers to communication about our sexual relationship? Some examples are:
 - 1. Everyday pressures, work, children, etc.
 - 2. Personal problems, in-laws, family, etc.
 - 3. Physical problems such as illness, physical handicaps, aging, etc.

III Conclusion

- A. Explain and give examples of how being loved and accepted creates an atmosphere for growth and change in our sexual relationship.
- B. Explain the cyclical effect...the better the communication, the better the sex and so on.

SHARING QUESTION FOR THE MEETING (BEFORE PRESENTATION):

What do I like about our sexual relationship?

DIALOGUE QUESTIONS FOR THE MEETING (AFTER PRESENTATION):

What are my most positive memories about our sexual relationship? HDTMMF?

SCRIPTURE READING:

Genesis 2:18-24