

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?

DIALOGUE - IT COMES FROM THE HEART

PURPOSE: To recommit to the 10/10 method of dialoguing. (What works on the weekend isn't always easy to use after we get home.)

To clarify how 10/10 works.

DIALOGUE QUESTIONS BEFORE WRITING PRESENTATION:

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

1. HDIF about how often we dialogue?
2. What fears or concerns keep me from sharing my feelings with my spouse?
3. Do we or can we really share without 10/10?
4. HDIF when we don't dialogue?
5. Do I only use dialogue to problem solve? HDIFAT?
6. Do I really share everything, including negative feelings, with my spouse? If not, why not?
7. Do I accept my spouse's feelings, or do I judge them? HDTMMF?
8. Do I stress thoughts rather than feelings? Why?
9. HDIF about a renewed commitment to dialogue?
10. What distractions or obstacles keep us from dialoguing (work, children, telephone, etc.)?

TELEPHONE QUESTION FOR COUPLES:

Ask them to dialogue on number one.

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 dialogue and the 10/10 method recommended by ~~M.E.~~ Retrouvaille

II Body

- A. Each spouse is to reflect on times in your relationship when you have dialogued often, rarely, or not at all and the effect each had on your relationship.
- B. Share your answer to question number three. What, if any, alternative methods of dialogue do you use and are they effective? Example: Long walks together.
- C. Dialogue is not for problem solving. Do you sometimes get trapped into using it that way? How does this affect your relationship?
- D. Do I share all my feelings, negative and positive? Do I accept or judge my spouse's feelings?

III Conclusion

- A. When we are dialoguing regularly, I feel _____
- B. After writing your presentation, share some obstacles or distractions to dialoguing and how you feel about a renewed commitment to dialogue.

SHARING QUESTION FOR THE MEETING (BEFORE PRESENTATION):

HDIF today?

DIALOGUE QUESTION FOR THE MEETING (AFTER PRESENTATION):

HDIF about the present status of our 10/10?

SCRIPTURE READING:

I Corinthians 13:6,7