

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?

IN THE PITS

PURPOSE: To examine how feeling sorry for myself impacts our coupleness.

DIALOGUE QUESTIONS BEFORE PRESENTATION:

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

1. What is self-pity? Give one example.
2. What are some of the symptoms and causes of self-pity?
3. How do I express my self-pity? Am I a martyr? Do I play games with others? HDTMMF?
4. Is there someone in my family who exhibits the same type of behavior?
5. When do I feel sorry for myself? Can I prevent self-pity?
6. Do I wallow in self-pity?
7. How frequently do I experience self-pity? How long do my moods last?
8. Does my self-pity lead to depression?
9. Do I blame my spouse for my self-pity?
10. What impact does my spouse's self-pity have on me?
11. What do I need from my spouse when I am feeling sorry for myself?
12. What effect does my self-pity have on other areas of my life, i.e. my family, job, etc.?
13. Do I feel responsible for my actions or do I use my self-pity as an excuse? HDTMMF?
14. Does dialogue help to lessen the occasions of self-pity?

TELEPHONE QUESTION FOR COUPLES:

What is my definition of self-pity?

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 self-pity.

II Body

- A. Each of us express our self-pity in different ways.
 - 1. Name a way you express self-pity.
 - 2. When I exhibit self-pity, what kind of reaction am I trying to get from my spouse, i.e. sympathy, reassurance, help, etc.?
 - 3. HDIF when I don't get the reaction that I was looking for?
 - 4. How long do my moods last? Do I wallow in my self-pity?
- B. Results of self-pity.
 - 1. What do I need to do to get out of my self-pity?
 - 2. Are we closer because of these incidents or do we harbor bad feelings toward each other?
 - 3. Am I honest with myself and admit the cause of my self-pity?

III Conclusion

- A. The prevention of self-pity. Do I address the root of self-pity through:
 - 1. Daily dialogue?
 - 2. Daily prayer?
 - 3. Positive thinking?
- B. How will our coupleness improve with the absence of self-pity?

SHARING QUESTION FOR THE MEETING (BEFORE PRESENTATION):

Is self-pity a problem for me?

DIALOGUE QUESTION FOR MEETING (AFTER PRESENTATION):

What do I need from you when I feel "down"?

SCRIPTURE READING:

II Corinthians 4:8