

## 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?

PROCRASTINATION

PURPOSE: To look at procrastination and examine its effect on myself, my spouse and others.

DIALOGUE QUESTIONS BEFORE WRITING PRESENTATION:

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

1. When I procrastinate, I feel.....
2. Do I enjoy procrastinating? Why/why not?
3. What are my motives for procrastinating: Does procrastination lead to stress for me?
4. What are some of the issues, jobs, tasks, etc. that lead to procrastination? HDTMMF?
5. What impact does my procrastination have on my spouse? On our relationship?
6. When my spouse procrastinates, I feel.....
7. When I know I have a deadline, I usually respond by..... HDIF then?
8. When I procrastinate on the job, I feel.....

TELEPHONE QUESTION FOR COUPLES:

Ask them to dialogue on question number two.

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 procrastination. You may wish to refer to the following magazine article: "Why People Procrastinate - Is There A Cure?" US News And World Report (24 Oct. '83).

III Body

- A. Tell how and why you procrastinate at home and/or at work. How do you feel when you procrastinate?

- B. Describe the effect that the procrastination of others has on you, your spouse, your children, co-workers, friends, relatives.

III Conclusion

- A. Describe how you approached writing this talk.
- B. Share any insights you gained by giving this talk.

SHARING QUESTION FOR THE MEETING (BEFORE PRESENTATION):

Recently, I procrastinated about.....and I felt.....

DIALOGUE QUESTION FOR THE MEETING (AFTER PRESENTATION):

Ask them to dialogue on question number five.

SCRIPTURE READING:

Ecclesiastes 3:1-8