

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?

TIME OUT!

PURPOSE: To provide an opportunity to look at our needs for space and time, how we get them and what we do with them.

DIALOGUE QUESTIONS BEFORE WRITING PRESENTATION:

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

1. What does "time out" mean to me?
2. What kinds of time out do I have already?
3. How much time out do I need to feel renewed?
4. Are there different kinds of time outs that I need at different times? Be specific.
5. Does my time out fulfill my needs? Too much? Too little?
6. How do I recognize my need for a time out? How do I communicate my needs to my spouse and family? HDTMMF?
7. Are my needs compatible with those of my spouse and family? HDTMMF?
8. Do I use my leisure time wisely? (Do I do a chore instead of using leisure time?) HDTMMF?
9. Do I give myself, my spouse, my children, others permission for a time out? HDTMMF?
10. What are my opportunities for mental (books, music, etc.) and physical (jogging, exercises, etc.) time outs?
11. Do my time outs help my relationship with others? HDTMMF?
12. When do I become frustrated when trying to secure a time out?

TELEPHONE QUESTION FOR COUPLES:

Ask them to dialogue on number three.

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 what "time out" means to you.

II Body

- A. Use the questions that caused the most writing or comment and that you're willing to share. State experiences, feelings and attitudes.
- B. Use this pattern: OR
 - 1. HDIF about the time outs that I have now?
 - 2. How much time do I need to feel renewed?
 - 3. How do I know when I need a time out?
 - 4. Can I give myself, spouse and family permission to take a time out? HDTMMF?
 - 5. Are my time outs compatible with those of my spouse and family? HDTMMF?

III Conclusion

- A. What realization struck you most while preparing this talk?
- B. What implications does this hold for you and your family?
- C. Share any insights you may have gained in preparing this presentation.

SHARING QUESTION FOR THE MEETING (BEFORE PRESENTATION):

Do I use my leisure time wisely? HDTMMF?

DIALOGUE QUESTION FOR THE MEETING (AFTER PRESENTATION):

What kinds of time outs do I have already? HDTMMF?

SCRIPTURE READING:

Ecclesiastes 3:1-8