

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?

WELLNESS - PART I: PHYSICAL AND MENTAL

Wellness, as defined by the Image Training Team, is how together we are in every aspect of our lives - the total picture of ourselves as individuals and as a couple.

PURPOSE: The purpose of this talk is to show how our overall wellness is affected by the physical and mental aspects of my/our life.

DIALOGUE QUESTIONS BEFORE WRITING PRESENTATION:

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

1. What beliefs and/or attitudes affect my well-being?
2. How do others that I come in contact with and/or the people I live with affect my wellness? HDTMMF?
3. What affect does TV, books, newspapers, magazines, etc. have on my mental wellness? HDIFAT?
4. How do physical problems affect me/us?
5. What efforts do I take to keep myself mentally sharp? HDTMMF?
6. HDIF about physical exercise or activity? How does this affect our relationship?
7. Does physical exercise affect my mental outlook? If so, how?
8. How do I cope with physical discomfort?
9. HDIF when I'm too hot? Too cold? HDIF when it's too noisy? Too quiet?
10. What do I do or don't do to improve my physical and mental wellness? HDIF about my answer?
11. How does my spouse's physical and/or mental well-being affect our relationship?
12. How does my relationship with God affect my sense of well-being? HDTMMF?

TELEPHONE QUESTION FOR COUPLES:

What beliefs and/or attitudes affect my physical and mental wellness?

OUTLINE FOR PRESENTATION:

Suggested time for your presentation is twenty minutes.

I Introduction

- A. Give the purpose of the talk as stated above.
- B. Define physical and mental wellness.

II Body

- A. What is the state of my physical and mental well-being?
- B. What events in my life affect my state of wellness the most?
- C. What improvements do I need to make in my life, if any?
- D. In what way does my well-being affect our couple-ness?

III Conclusion

How did I grow as a result of writing this talk? Was my concept of wellness affected by it?

SHARING QUESTION FOR THE MEETING (BEFORE PRESENTATION):

HDIF about physical activity?

DIALOGUE QUESTION FOR THE MEETING (AFTER PRESENTATION):

HDIF about my present state of physical and mental wellness?

SCRIPTURE READING:

Matthew 19:20-22