

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?

WHAT! ME WORRY?

"Do not be worried and upset", Jesus told them. "Believe in God and believe also in me." John 14:1

"Enough then, of worrying about tomorrow. Let tomorrow take care of itself. Today has troubles enough of its own." Matthew 6:34

PURPOSE: To examine when and why we worry and how we deal with it. To explore the feelings that emanate from our worrying.

DIALOGUE QUESTIONS BEFORE PRESENTATION:

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

1. What do I mean by worry?
2. When I'm worried, how do I act? HDIF?
3. What, if any, are my usual worries? HDTMMF?
4. Do I worry about the past? The present? The future? All of the above? None of the above? Explain.
5. Do I worry about my career? My health? My family?
6. How do I deal with the worries of others? My spouse's? My children's? My parents'? My friends'?
7. Do my spouse and I worry about the same things? HDTMMF?
8. How do I deal with worry and how do I resolve it?
9. Do I worry about things to worry about?
10. Do I worry about little things? About big things?
11. How much time do I spend on worrying? When?
12. Does worrying have an impact on my health?
13. Do I use alcohol or drugs to forget my worries?

TELEPHONE QUESTION FOR COUPLES:

Ask them to dialogue on question 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. Give the dictionary's definition of worry. Give your own definition.

II Body

- A. Each of us have events in our life that result in worry and tension.
 - 1. What impact does worry have on my attitude toward life?
 - 2. How does affect my moods? What influence does it have on our marriage relationship?
 - 4. Does worry affect my health?
- B. In addition to our personal worries, we are exposed to the effect worry has on our spouses, children, parents and friends.
 - 1. How do I cope when my spouse is worried and it has a negative effect on his/her mood?
 - 2. Do I try to problem-solve my spouse's worries?
 - 3. How do I cope with my children's worries?
 - a. Ignore them?
 - b. Minimize them?
 - c. Listen and empathize with them?
 - 4. Does a friend's worries strain our relationship? HDTMMF?
- C. List the three most frequent events or topics that cause you to worry. Explain the reasons they are so bothersome and the feelings you experience when they occur.

III Conclusion

- A. State some of the methods you use to handle worry.

B. Share any insights you have gained in preparing this talk.

SHARING QUESTION FOR THE MEETING (BEFORE PRESENTATION):

What do I mean by worry?

DIALOGUE QUESTIONS FOR THE MEETING (AFTER PRESENTATION):

When I'm worried, how do I act? How does it affect my behavior? HDIFAT?

SCRIPTURE READINGS:

John 14:1

Matthew 6:34