

Lutheran Marriage Encounter
POST WEEKEND RESOURCE

CAN WE TALK...?

Circles: Monthly or bi-monthly gatherings of encountered couples. These are couple centered evenings, where, through our sharings we can take a further opportunity to explore ourselves and our relationships more fully, gain encouragement from each other (and other couples) for our dialogue, and we can gain strength to continue making our relationships and marriages better.

GENERAL

PURPOSE: The main purpose of this presentation is to attempt to explore pointed areas in our communication. Areas where just knowing how each other feels and thinks would help ease tensions, identify stresses and possibly give us insights into topics we may not be aware of.

DESIRED RESULT OF THE DIALOG: To give us the opportunity to pointedly talk about what areas we need more care in discussing, in what directions our conversation can go at different times and in different circumstances and just give us a chance to look at this subject more in depth.

OUTLINE: Dialogue on the attached questions and develop them into your talk using the following guidelines:

- A. Identify attitudes and judgments before the weekend
 1. Did we talk about this much before the W/E? Why?
 2. How did I feel when it came up?
 3. How did I see you in this area?
 4. How did I see myself in this area?
 5. What was talking "like" in *my family* as I grew up?
 6. Which basic needs did I have pertinent to this topic?

B. Identify Catalyst to exploration

1. What caused me to share my feelings about talking?
2. Why did I start to look at this area? (this talk-W/E)?
3. HDIF as we got into it?
4. What obstacles did I have to overcome in order to trust, risk and make the decision to love to explore this subject? (fear, defensiveness etc.)?
5. What needs did I identify as I explored?

C. Identify results

1. What awareness' have I developed in this area about and for myself and my spouse?
2. Where/How am I different NOW since we looked into this area? HDIFAT
3. What inward & outward signs of change do I see?
4. How did these discoveries feel to me?
5. Where am I headed with all this now? HDIFAT?

D. End the presentation full of hope and excited plans and directions and then give each person a copy of the attached sheets to help them explore the subject as you did in preparation for this talk.

- * Give them 5 minutes to answer the sheets
- * Call time and tell them to write their love letter
- * Call time for them to do their dialogue/needs
- * End the evening with a prayer.

10/10: What do I think about this subject now and did it help for me to answer these questions, exchange papers and see your answers? HDIFAT?

For Deeper Exploration you may want to add - What do my feelings tell me about myself and my needs?

OPEN

SHARING:: Share with your spouse and us what benefits (if any) were gained from this dialogue and how do you feel about it?

1. When we are alone we usually talk about (circle two)

- | | |
|--|--|
| <input type="checkbox"/> Bills | <input type="checkbox"/> The future |
| <input type="checkbox"/> The children | <input type="checkbox"/> Family |
| <input type="checkbox"/> In-laws | <input type="checkbox"/> The House |
| <input type="checkbox"/> School | <input type="checkbox"/> The Job |
| <input type="checkbox"/> World Affairs | <input type="checkbox"/> The neighbors |
| <input type="checkbox"/> Us | <input type="checkbox"/> Differences of Opinions |

2. When we talk about these things I am usually

- Please
- Better informed
- Sometimes dissatisfied
- Strengthened in my decisions
- Feeling close to you
- Bored
- Entertained

We often wind up talking about everything except us because
(explain in detail)

WHAT CAN WE DO TO CHANGE THIS: (each answer the questions and then exchange the papers, read and discuss)

1. What "us" topics do I like most to talk about?
2. When do I get the most out of talking about "us"?
3. How can we talk together about "us" more often?

10/10: What do I think about this subject now and did it help for me to answer these questions, exchange papers and see your answers? HDIFAT?

For Deeper Exploration you may want to add - What do my feelings tell me about myself and my needs?