# Impact of Dialogue in Our Daily Lives – 54:00 58:30 Outline & Mentality - Common Protestant Outline

### **Objective**

- to share our enthusiasm for the value of daily dialogue
- to invite and teach the couples to use dialogue daily for the rest of their lives

#### Goals of this talk

#### To know

- dialogue has been the key to the openness in their communication during this program
- their love and desire for each other can transform their relationship from the ordinary to the extraordinary
- how to use dialogue at home

#### To do

- share what is happening in their relationship because of dialogue
- continue to work at their dialogue throughout the appointed time
- make a decision to continue to dialogue at home

#### To experience

- the story of the wedding at Cana
- enthusiasm for continuing to dialogue
- determination to strengthen their relationship through daily dialogue
- a sample dialogue on a feeling that is difficult to share

#### Flow of the talk

Lay husband or wife opens with necessary announcements and points out how dialogue has been the key to the couples' openness in their communication during this experience. Presenting couples give personal testimony about what dialogue means in their daily lives. The couples are invited to use dialogue daily at home (KEEPING IN MIND THAT THEY HAVE ALREADY BEEN DIALOGUING FOR QUITE A FEW WEEKS) and are introduced to the WEDS process. The LAY Clergy couple models a TYPICAL dialogue on a feeling that is difficult to share. The presenters lead an informal Question & Answer Session, and the Clergy couple introduces and reads John 2:1-11 and illustrates the concept of transformation which parallels the transformation in the hearts of the couples. The couples are given an opportunity to write their answers to two questions in their Workbooks and share them with each other. They are invited to share one or both of their answers aloud with the group. Lay husband and wifeintroduce the "open-ended" dialogue time, followed by motivation to practice the WEDSprocess. The dialogue question is intended to focus the couples on what they most need to dialogue about NOW to grow in their relationship. While most instructions assume a traditional Weekend format, presenters will need to be sensitive to the variety of formats now offered by Worldwide Marriage Encounter.)

## **Connection with other presentations**

Impact of Dialogue in Our Daily Lives is the culmination of all we have been teaching the couples since the first presentation. We motivate the couples to embrace dialogue as a communication tool in their relationship and to use it in their daily lives.

**Caution:** We have a responsibility to <u>maintain timing</u>. We want couples to be renewed in body and spirit for the extended dialogue in "Marriage as Covenant."

# I. Introduction, optional opening prayer, and announcements (LH or LW: 1:00 2:00)

State:		
The title of this presentation is "Impact of Dialogue in Our Daily Lives."	In the	Workbook
we're on page		

#### Opening Prayer (optional):

#### Suggested wording:

Father, guide us as we continue the growth that we have experienced in our relationship. Strengthen us to trust each other in dialogue and to use this tool for the rest of our lives to enhance our relationships. Amen.

Section I is allotted only 1:00 2:00. Adhere to the <u>maximum time</u> to allow adequate opportunity for the open sharing and the open-ended dialogue.

The announcements are covered in the beginning so as to not distract from the mood-setting of the Gospel and the open sharing.

## I A. Morning devotions and closing service

Details can be shared at this time concerning a morning worship service (if one is planned) and the special closing service. Mention communion details and renewal/reaffirmation of vows if this is your Faith Expressions' practice.

## I B. Wake up routine

II. Presenting team points out how dialogue has been the key to the couples' communication and shares what it has meant to them in their own daily lives (8:00 total)

# II A. Key to couples' communication today (CL or CS: 0:15)

Transition with suggested wording:

Communicating your feelings through dialogue has been the key to your openness in your communication and to your experience of intimacy in your relationship during your Marriage Encounter experience.

# II B. Sharing what daily dialogue means

(CL or CS and LH or LW: 1:00 each)

CL or CS and LH or LW share what daily dialogue means in their everyday lives. Be specific when describing the effects of your daily dialogue – how you are different as individuals and as a couple; how you relate to each other because you dialogue daily; how you listen with your hearts; how you practice forgiveness and healing; how you decide to love or be loved by our spouse. Do not generalize! Avoid vague words such as "deeper," "better," "closer," "happier," etc. Give the couples specific compelling reasons to yearn for the same effects in their own relationship.

Your personal testimony about what daily dialogue means in your lives must be impassioned and inspiring! This is a joyful presentation! Your non-verbal communication should give evidence to what you say about the impact daily dialogue has on your relationship. The decision over who speaks in this section should consider: might men need just a bit more personal encouragement at this point; which of you has benefitted most from dialogue?

#### Caution

If you are not living a lifestyle in which your daily dialogue is foundational, it will be very hard to give convincing testimony. Make sure that daily dialogue is not just an item on your "to do" list -- it is a gift to share with each other every day.

## II C. Invitation to daily dialogue (LH & LW: 5:45 for C 1 - 3)

Extend an enthusiastic invitation to the couples to take dialogue home and use it daily to continue the growth that they've begun during this program, *KEEPING IN MIND THAT THEY HAVE BEEN DIALOGUING FOR WEEKS NOW, AND THAT YOU HAVE BEEN ANSWERING MANY QUESTIONS ALREADY ABOUT THE PROCESS.*SPEND MORE TIME ON TOPICS THAT HAVE NOT BEEN TOUCHED UPON YET.

Before writing this section, familiarize yourself with the Workbook page which describes the WEDS process so that your presentation of this section will include all of the points. Many of the couples are tired by this point, and we do not want to delay their open-ended dialogue at the end of this presentation. Stick to the four <u>basic</u> steps of the WEDS process.

## II C 1. WEDS process

Suggested wording:
We are on page .
The process we follow for our dialogue is simple. We use the acronym WEDS to help us
follow the steps. The letters stand for Write – Exchange – Dialogue – Select. We're going
to talk about these steps now, and you can read about them in more detail in the Workboo
later.

# II C 2. How you use the WEDS process

#### Suggested wording (transition):

We call our dialogue our 10 & 10 - 10 minutes of writing and 10 minutes of sharing. This is how we use the WEDS process.

Keep this short and to-the-point. The couples should get a mental picture of the two of you dialoguing. It <u>should</u> include how you:

• Pick a prime time to write and to dialogue (the written and verbal part of your dialogue may be at different times) and eliminate distractions like the TV, phone and other electronic devices.

Tell them how prime time may have changed as your circumstances have changed (e.g., you are on vacation, children getting older; one or both of you retired; etc).

- **Keep the timing to 10 and 10**. (Do you set a timer or what?)
- **Exchange** your letters with love (e.g., exchange with a kiss; read holding hands; say a short prayer together).
- Identify the feeling that seems the strongest between the two letters and then work at describing that feeling. (Do you have "favorite" questions or methods of describing feelings?)
- **Know when a dialogue is over**. Tell them that you use a visual clue to show that your dialogue on feelings has ended maybe closing the pages of your dialogue books. Be sure to indicate that when you both believe that you are experiencing the same feeling (or the 10 minutes is up), the dialogue is over.
- Choose and formulate a question for the next day. (How do YOU do that?) Be sure to add something like "It has been important to us to formulate questions that are pertinent to us and to what's going on in our own lives, family, or relationship right now. Give some recent, relatable examples in your own life.

## II C 3. Other things they should know

Tell them, ONCE AGAIN KEEPING IN MIND WHAT YOU'VE ALREADY SAID AND WHAT THEY HAVE ALREADY BEEN DOING:

- **Dialogue at home (10 and 10)** is not like the dialogues they have experienced here. The writing and sharing times have been longer while they have been learning the process. Dialogue at home will usually be less intense and will take only 20 minutes a day.
- **Prime time** may not be the same for both of them. They can write at different times during the day and then do the verbal part of the dialogue when they are together, avoiding distractions and when they are alert and fresh. The same is true of couples who are separated by work schedules. They can develop a series of questions to write on while they are apart and then share their letters and dialogue when they are together again, or by phone, e-mail, or Skype.
- Avoid the temptation to problem-solve during the verbal dialogue. The desire to problem-solve is natural but being sensitive to each other's feelings will put them in a better place to do that. A healthy discussion of the issue may follow naturally from their dialogue but THAT is not dialogue (and is bound to exceed the 10-minute time limit!).
- Selecting the question in advance allows for writing separately at different times during the day. Many times the question they select will be a follow-up to the dialogue they just completed or they might choose from a list of questions.
- It is OK to change the question if something comes up in their relationship that they would like to dialogue on instead of the question they chose the day before.
- There are other resources for dialogue questions question lists, internet, etc. (There will be sample questions and a list of resources in the Workbook and/or take home packets.)
- There are a couple of "generic" questions that could help them; e.g., "How do I feel about 'us' today?" Or "What was my strongest feeling today?"
- Conclude by telling them: There are FAQs on dialogue and the WEDS process on page/s \_\_\_\_ in the Workbook. (Wait 0:45 for couples to scan these.)

#### End with <u>suggested wording</u>:

We urge you to do whatever it takes, whenever you can, to make time every day just for YOU - to focus on each other and your lives together.

(Look at the couples when you say this.)

Daily dialogue is a gift. If you take it home and use it, we know it will enrich your lives.

# III. Share a sample "TYPICAL" dialogue on a feeling in an area that is difficult for you to talk about (LH & LW: CL & CS:-10:00)

#### NOTE:

The timing for this section includes introducing the sample dialogue, reading the letters, the verbal dialogue, and choosing the question for the next day.

#### Caution:

Do not over-emphasize an explanation about the area or infer <u>blame</u> on the other, either for their feeling or for the difficulty they have talking about the specific area.

#### Transition statement.

#### Suggested wording:

Before we send you off to dialogue like you will be doing it at home, we are going to offer you another sample dialogue, similar to the one you heard at the beginning of this Marriage Encounter experience. We hope that this will help you see how you can focus on feelings that may be difficult to share in an area that may be hard for you to bring up. We all have areas that usually cause tension between us. In our case, that area is ....

Both Lay Clergy husband and wife state in one or two sentences WHY YOU CHOSE THIS TOPIC FOR DIALOGUE why it is difficult to share your feeling in this area. You may need to refer back to Encounter with Self or other previous presentations to identify the qualities, self-doubts, fears, or past history that make it difficult to talk about your feeling. This is meant to be a deep personal sharing about an issue that evokes a feeling that is difficult to share. This area should be one that has historically caused tension between you.

#### Some examples might be:

- parenting
- having a child
- disciplining the children
- finances
- making a big purchase
- in-laws
- changing jobs

Do not share on infidelity, additions, confessional material, etc. Keep this dialogue simple and relatable. The feeling itself may be difficult to share but the dialogue is positive in that we remain open and vulnerable to each other and can learn about each other.

"Narration" at various transition points in the dialogue could still be appropriate as done in the first sample dialogue. Transition points and sample narrative have been included below as a guide.

<u>Suggested wording</u> before reading your love letters to each other:

As before, for demonstration purposes, we will read our letters out loud to each other. Normally we exchange what we've written and read silently what the other has written; twice of course – once for the head and once for the heart.

State that you wrote to the question "What is my strongest feeling about \_\_\_\_\_?"
(Use a general area as suggested above.)

Each of you in turn reads your letter out loud. Model by giving a couple of sentences about the area and then focusing only on the feeling. Identify one feeling and thoroughly describe it. As before, it is important to use a feeling that can be described in several relatable ways.

Model the verbal part of the dialogue just as was done in the sample dialogue at the beginning of this Marriage Encounter experience. This is where we actually show them how we can stay focused on the feeling even when we are dialoguing on a feeling that is difficult to share.

<u>Suggested wording</u> after you've read your letters to each other: *Now we need to agree on whose feeling is stronger.* 

Turn and face each other for the verbal portion of the dialogue. Using a normal conversational style, refer to the descriptions in the letters as you decide whose feeling will be the focus of the verbal dialogue. The decision should be easy for the couples to see, based on the letters they've just heard. Simply saying "I think we should dialogue on your feeling because it's stronger," followed by "I agree" is not a good model for deciding on the strongest feeling. It should be clear from your discussion why you've chosen the feeling that you will be exploring in your dialogue.

<u>Suggested wording</u> after you've decided which feeling to focus on:

Okay, we've agreed that \_\_\_\_\_'s feeling is the strongest feeling from our letters. Now we work together so that I can actually experience his/her feeling.

The verbal dialogue must be workshopped, and it must describe only your feelings, not your thoughts and judgments. Model active listening and non-verbals as you draw out and attempt to experience your spouse's feeling.

Use several of the types of descriptions from the Workbook in the verbal exchange. Your spouse should confirm whether your description is on target.

Plan and prepare for this section by writing and practicing the verbal portion beforehand to make it as natural as possible. Either write out the verbal dialogue or jot down descriptive examples to follow during the verbal part of the sample dialogue.

It's okay if the couples see you glance at your paper. Do not stray from the written and workshopped material. In the verbal dialogue share only about the strongest feeling; there should be no discussion or problem solving. This is NOT a live dialogue, but you want it to look similar to what you are asking them to do in their room.

The verbal portion should be about 3:00-4:00 of interplay, describing the feeling in as many ways as possible. Avoid having so many exchanges that it sounds like a game of "20 questions." Each question should relate somewhat to the previous response so that the listeners aren't wondering where that question came from. The list of questions for verbal dialogue found on page \_\_\_\_\_ can be used to draw out the feeling.

The correct way to end the sample dialogue is for the spouse whose feeling is being described to tell the other: "Yes, I think you are experiencing my feeling." DO NOT LEAVE OUT THIS STEP!

<u>Suggested wording</u> after experiencing the feeling through the dialogue process: Since it was \_\_\_\_\_'s feeling, it was up to him/her to determine when I "got it." It took a few exchanges, but once he/she thought that I was experiencing his/her feeling, he/she told me so. I didn't tell him/her.

Because we have introduced the Select portion of the WEDS process in this talk, we continue our demonstration by saying:

### Suggested wording:

Now if we were at home, we would choose a question for tomorrow.

One spouse: "So what will we dialogue on tomorrow?"

Other spouse: "How about ... (Pick a situation from your own relationship.)"

Briefly show how you work out the wording for the question. It is helpful for the couples to see that you work together to formulate the question. Be sure that your question points to a feeling. "How do I feel about that?"

### **End with suggested wording:**

Dialogue can be a 10 minute safe haven, almost a "sacred space" where we can express our feelings about any issue and know that we'll be accepted. Dialogue also creates an environment that prepares us to approach problems with a fresh perspective and greater sensitivity. It's a natural tendency to want to move into problem solving at the end of the dialogue, but we need to distinguish between the two. We may need to close our books on this sacred space of dialogue, giving a visual cue that our dialogue on feelings has ended, and only then begin to tackle the issues before us. It may take many dialogues to explore all our feelings on a particular issue, but each dialogue strengthens our relationship and our ability to deal with our problems outside of our dialogue.

BECAUSE THE FOCUS OF THIS DIALOGUE IS ON DAY-TO-DAY TOPICS AND FEELINGS, BE SURE TO STRESS THAT THIS CAN ALSO BE WHERE

SURPRISING GROWTH CAN TAKE PLACE, IN THE JOY IN APPRECIATING EACH OTHER'S HOBBIES IN BETTER UNDERSTANDING THE OTHER'S FAITH, POINTS OF VIEW, ROLES IN LIFE, ETC. MAKE SURE YOUR PASSION FOR "TYPICAL" DAILY DIALOGUE COMES THROUGH.

As mentioned in the development of the sample dialogue modeled at the beginning of this program, you must avoid phrases that might muddy the word "feel" for the couples, like "I feel like" (but then not adding a feeling), or "that makes me feel" (which implies that somebody else is to blame for my feeling). For instance, instead of saying "I feel like a king," you can supply a feeling word and change it to "I feel powerful like a king."

The sample dialogue is a written, workshopped dialogue that adheres strictly to the given time constraints while modeling to the couples the mutual collaboration involved in the dialogue process. You want them to be drawn into dialogue by your example, so it is important to describe your feeling in many relatable ways. The entire sample dialogue, written love letter and verbal interplay, must be written and workshopped.

This must never be an impromptu "live" dialogue, no matter how experienced you may be in your use of dialogue. Consistency and clarity in the dialogue technique are needed during this dialogue and all the dialogues that are modeled here. If you stray from correct technique, the dialogue can get off-focus and mistakenly teach discussion rather than the sharing of feelings.

The sample dialogue does not have to be rewritten each time it is presented, but it must generally represent the writing couple's current situation. Like all presentations, the sample dialogue will need to be updated as the couple's circumstances change (children in high school instead of grade school, married 15 years instead of 10, etc.). When it does get rewritten, it must be re-workshopped. The interplay should be representative of a real (but workshopped) scenario.

A microphone should be used for the sample dialogue whenever possible. When you turn to each other to speak, your voices might not project to the back row of seats. Be aware that when you share feelings, your voices may drop so that they can't be heard by everyone in the room. It is normal for people to speak more rapidly than usual when they are nervous. It might be a good idea to have a subtle signal you can use to let your spouse know that he/she is speaking too fast.

At the conclusion of this section, let the know that when they are at home they can discuss or problem-solve the issue outside of the dialogue time, but for now they should stay on the feeling level and work on experiencing each other's feelings.

## IV. Question and answer session (LH & LW and CL & CS: 10:00 maximum)

LH or LW can open the session by reminding the couples of the progress they have made so far. Assure them of our interest in answering specific questions. Describe how you plan to take a few minutes now, no more than 10, to answer any questions they have: questions that

developed during the last sample dialogue, or questions which they have been holding all day, on WEDS, on dialogue, on feelings, etc.

(The exact process of collecting questions is left to the local presenting couples. Some suggestions include: ask that they put up their hands, or pick questions from a jar that has been on the head table throughout the program - in which case it would be wise to look here ahead of time.)

The LH/LW and CL/CS will answer the questions and/or field them to other presenters. Experience has shown that a casual, informal, and relaxed atmosphere is most helpful here. (Remember, there is no need for *MULTIPLE* eight answers to every question.)

#### NOTE:

When the couples ask the presenters (and they will!), "Do you really dialogue EVERY day?" they deserve a resounding "YES" from the entire team.

## V. Cana Passage - John 2:1-11 (CL & CS: 5:00)

## V A. Set the scene for the Cana Passage

This whole section is a total of 5:00, including the scripture reading, setting the scene, and commenting on the passage.

Setting the scene should be brief. Don't take so long that you lose the actual reading of the scripture - the Word of God, on its own, is powerful. Tie it into the parallel of the transformation taking place in the hearts of the couples.

#### Suggested wording:

And now we have a reading from the book of John.

I invite you to settle back, relax and put yourself at Cana, a small village in Galilee. Join Jesus, Mary and the apostles at the wedding of a local couple. Prepare for a long celebration since weddings lasted several days, with a lot of time to eat, drink, sing and dance with the couple. Think of the transformation that takes place in the hearts and minds of those present at the wedding when they see simple water turn into the best wine.

#### V B. Read John 2:1-11

On the third day there was a wedding in Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what concern is that to you and to me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you."

Now standing there were six stone water jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out and take it to the chief steward." So they took it. When the steward tasted the water that had become wine, and did not know

where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, "Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now."

Jesus did this, the first of his signs, in Cana in Galilee; and so revealed his glory; and his disciples believed in him.

## V C. Comment on the passage

The purpose of this section is to give an example of transformation. When Jesus turned the water into wine, the ordinary was transformed into the extraordinary. This parallels the transformations in the couples as they witness and listen in the large-group sharing that follows this passage.

### Suggested wording (or dynamic equivalent):

Jesus performed his first miracle at the wedding in Cana. This might be considered one of the great moments in His ministry. We see Jesus as fully human: he was at a celebration of human love. The love he had for the couple moved him to transform ordinary water into extraordinary wine. This passage may be a symbol of the transformation taking place in your relationship during this Marriage Encounter experiencee.

#### Formation:

The scripture is not about marriage, but about Jesus' love which inspired Him to transform ordinary water into the best wine. Jesus loved and the ordinary was transformed into the extraordinary. This parallels the transformation taking place in the hearts and minds of the couples. Like guests at the wedding feast at Cana, they had no "wine." They are being transformed by their love and desire for each other.

## VI. Open sharing (LH and/or LW: 16:30 max., including 10:00 open sharing)

Suggested wording:  As	has just said, the power of love can transform us.
In the story of Don Quixote a	nd Aldonza, Aldonza was transformed by Don Quixote's love.
At the wedding feast in Cana,	the water was transformed into the best wine by Jesus' love.
different as a couple now that	med by the power of our love for each other. You may be n when you started this Marriage Encounter ionship may be changing into something new.

All day you have been listening to us share our experiences. Now we are giving you the opportunity to share what has happened in your relationship because of the transforming power of your love in your dialogues so far. On page \_\_ there are two questions for you to answer. (Read the questions aloud.)

### **Questions:**

As a result of our time together, what do I most appreciate about you? What is something meaningful that is happening in our relationship because of our dialogues?

"Meaningful" relates to what is important to you and to your relationship; it doesn't have to be a giant step or fireworks in the sky. Please take a few minutes to write your answers.

## VI A. Write their answers in their Workbooks (1:00)

## VI B. Share what they have written quietly with each other (1:00)

# VI C. Invite the couples to share one or both of their answers with the larger group (1:30 setup; 10:00 open sharing time)

- Announce that there will be an "open sharing."
- Ask them to keep what they hear confidential.
- Invite the couples to share aloud with the group one or both of the answers they wrote.
- Tell them that they may read the responses they have just written or share spontaneously. They may remain seated.
- Tell them our goal is to allow them to encourage one another, not to put people on the spot.
- Tell them that what one person shares could be of great help to others.
- This open sharing time is completely voluntary no one is required to share, even if their spouse speaks.
- Refer to your own experience of this "open sharing" time on your original Marriage Encounter experience, if you can, similar to any of the following points:
  - It was helpful to know that there were others in the group who were experiencing struggles just as you were.
  - You were encouraged and motivated to communicate on an even deeper level by hearing about others' progress and breakthroughs in their dialogues.
  - You were anxious to say out loud why your spouse is so special.
- Repeat the questions as you invite them to share.
- You might ask them to raise a hand when they are ready to speak, but your verbal comments and non-verbals usually make it clear who "has the floor."

Be certain that it is made <u>very clear</u> that sharing is voluntary. It is a time to listen to the couples and allow their words to motivate and inspire others. Presenters do not share.

### NOTE:

The time allowed for the open sharing is 10:00. Be patient and allow time for the couples to gather courage to speak. Brief periods of silence are normal, even though we may feel uncomfortable. It is <u>not appropriate</u> for the presenters to comment on what is shared beyond a brief "thank you."

# VII. Explain open-ended dialogue and how to use this time (LH or LW: 3:00)

Begin with a transition statement, acknowledging the couples' sharing and expressing gratitude for their willingness to reveal what is happening in their relationship because of their dialogue. Introduce the "open-ended" time for dialogue. Tell them that this is their first opportunity to dialogue using the WEDS process like they will be doing it at home.

Explain how they can use this time to continue the work and growth they have started here:

- They will find a dialogue question in the Workbook at the end of this time.
- After they write and dialogue on that question, they will choose another question for their next dialogue.
- They should keep the dialogue time to 10 & 10 just as they will be doing at home.
- They can continue this process for as many dialogues as they can before going to bed.

Be sure to tell them that all of their questions during this open-ended dialogue do not have to be heavy or earth-shattering. They may want to go back and complete dialogues that were interrupted earlier in the day; or explore one or two of the areas that they checked off in previous checklists, such as "Areas for Reaching Out." Do not suggest that they share their reflection from Encounter with Self. (They were told at the time that what they wrote would not be seen by anyone else.) Encourage them to create some questions that are pertinent for their relationship. This is their opportunity to use this new tool of dialogue on issues that relate to their own lives, their own relationships.

### VIII. Motivation (Total time: 4:00, by LH and LW)

# VIII A. Motivate the couples to use this time to dialogue

Motivate the couples to use this time to dialogue to continue the momentum in their relationship. This must be done with passion or the couples won't be excited about spending this time to continue to dialogue. Both Lay husband and wife sharing the section will allow for some "man to man" encouragement.

- Remind them of the progress they have made so far in their relationship.
- The time will be free of distractions.
- No one will call them back to the conference room.
- Share how you used this time on your own Marriage Encounter experience, refreshing yourselves and continuing with more dialogues throughout the time.
- Share your excitement as you recall having the freedom to talk privately without interruption.
- Share our own positive experience of dialogue and the WEDS process during the open-ended time then.

#### End this section with suggested wording:

The purpose of this open-ended dialogue time is to give you the opportunity to experience each other's feelings and to grow in intimacy. Stay focused on your feelings. This is not the time to try to solve problems. The dialogues you have now will allow you to work

through the WEDS process the way you will be doing it at home.

# VIII B. Let the couples know that the presenters will be available later for specific questions (LH or LW: 1:00)

Invite the couples to come back to the conference room AS A COUPLE after one-two-dialogues (to be decided ahead of time by the local team) if they <u>still</u> have questions regarding dialogue and/or the WEDS process. Be specific about where you will be and when, so they can find you if needed. Remind them that you are not counselors. You will coach them on the dialogue technique, describing feelings, formulating questions, etc. and then send them back to their room for further dialogues.

All presenters must be available in the conference room after the dialogue time. When/if a couple comes back to the conference room for help, they don't need multiple answers for each question. The couple who has returned for assistance will be asked if they wish to speak with a particular presenting couple. If they have no preference, the Admin couple could field the first couple.

It is very important that this does not become a social visit. The other team couples will-be available in the event that more couples arrive asking for assistance. Otherwise, they should busy themselves away from the discussion with other quiet tasks. If no one has come down with questions after a reasonable time, based on your instructions, the presenters can progress to the meeting or retire to their rooms.

#### NOTE:

This informal question period is meant to be brief, open, and relaxed. The couples should be assisted and sent back to their room to dialogue again. Do not get caught up in trying to "counsel" the couples. They have already been told that the teams are not counselors.

## VIII C. Closing prayer and question (LH or LW: 1:00)

### VIII C 1. Closing prayer

The prayer should be focused on the couples, encouraging them to use this time for their relationship. It should be prepared ahead of time and included here.

#### Suggested transition:

Before we send you off to your rooms to dialogue, let us pray.

#### SAMPLE PRAYER:

Thank you, Lord, for the gift of our relationship. Be with us now; refresh and revive our bodies and our spirits as we continue our dialogues during this time. Renew us as we seek to learn about each other in new ways. Inspire us to share ourselves. Give us peace in the knowledge of our love for each other and Your love for us.

## VIII C 2. Give initial dialogue question for open-ended dialogue

Read the dialogue question to begin their open ended dialogue:

The question for your first dialogue now is on page \_\_\_\_\_\_ of your Workbooks.

Question: What do we most need to dialogue about now to grow in our relationship? How do I feel about that?

Writing time: 10 minutes Dialogue time: Open ended

Wives stay in the conference room to write (recommended).

VII. WRAP UP & MOTIVATION (LH OR LW: 5:00)

YOU CAN COMPLIMENT THE COUPLES ON THEIR HARD WORK, AND HOW FAR THEY HAVE COME. THE END IS IN SIGHT.

HAND OUT THE MISSION POSSIBLE AND DIALOGUE QUESTIONS. AND REVIEW THE PDA "WORKOUT" WHICH WILL KEEP THEM FIT FOR THE REST OF THE CLIMB.

REMIND THEM OF YOUR LOVING WILLINGNESS TO BE AVAILABLE TO THEM DURING THE WEEK.

(ONE IDEA WAS TO SEND THE COUPLES HOME WITH AN ADDED PAPER DESCRIBING THE POINTS TO BE INTRODUCED IN MARRIAGE AS COVENANT, V., THE NATURE OF CONTRACTS VS. COVENANTS. THIS DOCUMENT HAS <u>NOT</u> BEEN CREATED FOR YOU, LEAVING THIS UP TO THE DECISIONS OF YOUR CLERGY LEADERS.)

### How we live out the concepts of this presentation:

We live the concepts in Impact of Dialogue in Our Daily Lives by making the WEDS dialogue process an integral part of our relationship on a <u>daily</u> basis. We choose "prime time" for our daily dialogue and eliminate distractions that may interrupt us. We are aware of the powerful transformation that occurs in us as a couple through the power of our love for each other.

## An assessment for us as a couple:

- Do we make a daily decision to dialogue for the sake of our relationship?
- How do we choose "prime time" for our daily dialogue and make us a priority?
- Do we sometimes misuse our daily dialogue to "fix" a problem in our relationship? What is the effect on our relationship when this happens?
- Have we been dialoguing so long that we believe we have nothing more to discover about each other?
- Do we sometimes view daily dialogue as an obligation or task?

## Dialogue questions to help the presenters develop their presentations:

HDIF? How do I feel? HDIFAMA? HDIFA my answer? HDIFA? HDIF about? HDIFAT? HDIFA this/that?

- 1. What does our daily dialogue mean to me? HDIFAMA?
- 2. Do I view DAILY dialogue as an opportunity or an obligation? HDIFAMA?
- 3. HDIF if we miss our daily dialogue?
- 4. How do I motivate others? HDIFAMA?
- 5. How have I tried to motivate others to dialogue recently? HDIFAMA?
- 6. HDIF when I try to motivate others to dialogue DAILY?
- 7. How do my self-doubts affect my ability to motivate others to daily dialogue? HDIFAMA?
- 8. How do I overcome some of my obstacles in order to achieve daily dialogue? HDIFAT?
- 9. Do I base the success of our talks on whether the couples participate in the open sharing? HDIFAMA?
- 10. HDIF when I read John 2:1-11?
- 11. At this point of our original Marriage Encounter experience was something meaningful happening in our relationship? HDIFRT?
- 12. What were my desires and goals at this point of our original Marriage Encounter experience?

HDIFAMA?

- 13. How has daily dialogue helped me to become the person God wants me to be? HDIFAT?
- 14. How has daily dialogue helped us to become the couple God wants us to be? HDIFAT?
- 15. What changes am I willing to make so that our dialogue is more meaningful for us? HDIFAT?