

Risking to Trust in Dialogue – 48:00 ~~33:00~~
Outline Only - Common Protestant Outline
(WITH 3RE CHANGES NOTED IN BOLD ITALICIZED CAPS)

I. *RECAP* (LH or LW: 5:00)

II. *QUESTION & ANSWERS* (LH or LW: 10:00)

III. Introduction and optional opening prayer (LH or LW: :30)

IV. Obstacles and fears that limit our willingness to trust (Total time: 5:30)

A. Illustrate how I sometimes cannot accept my own feelings

(CL or CS: 1:00)

B. Illustrate how my poor self-image limits my willingness to trust

(LH or LW: B & C: 2:00)

C. Illustrate how my fears limit my willingness to trust

D. Exercise: “The Ways I Limit My Trust” (LH or LW: 2:30)

1. Introduce the exercise (0:45)

2. Give the couples time to complete the exercise (1:30)

3. End the exercise with a closing statement (0:15)

NOTE: THIS EXERCISE WAS OMITTED BY WWME IN THEIR 3RE FOR SOME REASON.

V. Trust in dialogue is a decision to risk sharing my feelings with my spouse (LH or LW: 1:30)

A. Give clear specific examples of the difference between trust and risk

B. Define trust and risk as these terms are used on the Weekend

VI. Sharing of an experience of risking to trust in dialogue

(Total time: 10:00; LH or LW and CL or CS: A-D, 5:00 each)

A. Briefly identify an area in which it has been difficult for me to share my feelings (1:00)

1. Explain what it is about me that makes it difficult to share in this area

2. Name my specific fears and explain how these fears make it difficult to risk to trust my spouse in dialogue

B. Describe how I decided to risk sharing my feeling in this area in dialogue (2:00)

1. State the feeling in this area that was difficult for me to share

Risking to Trust in Dialogue
Outline Only - CPO - 3RE

2. **Briefly** describe the inner turmoil I experienced before making the decision to share myself with my spouse
 3. Describe why I decided to share my feeling and what I wanted for our relationship
 4. Describe the feeling from my love letter in full and loving detail
 5. Describe my thoughts and feelings as I anticipated my spouse reading my letter
- C. Briefly describe verbal dialogue (including non-verbals) (1:30)**
1. How did we choose the strongest feeling?
 2. Share some of the descriptions of the feeling that we shared in our dialogue
 3. At what point did I realize that my spouse had experienced my feeling?
- D. Briefly describe the effects of this dialogue on me, my spouse, our communication with each other, and our relationship (0:30)**
1. What was it like for me during this dialogue?
 2. What was my spouse's response to me?
 3. Were my fears resolved?
 4. How has this affected my willingness to risk in the future?
 5. What has been the impact on our relationship?

V. The affirming power of love and its effect on my spouse (13:00)

- A. Introduce the story of Dulcinea (LH or LW: 1:30)**
- B. Play the song, "Dulcinea" (5:00)**
- C. Share your own story of transformation (LH or LW and CL or CS: 2:30 each)**
- D. Inspire the couples to use the affirming power of love to bring about transformation in their own relationship (CL or CS: 1:30)**

VI. Motivation to risk (Total time 2:30)

- A. Read and teach the dialogue question (CL or CS: 1:00)**
- B. Motivate the couples to risk to trust their spouse with their feelings in dialogue (LH & LW: 1:30)**

Question:

What feeling do I have that is most difficult for me to share with you because it makes me vulnerable? Describe that feeling in full and loving detail.

Writing time: 20 minutes

Dialogue time: 25 minutes

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