

**Areas for Reaching Out to Each Other - *about 41:00 28:00***  
**Outline Only - Common Protestant Outline**  
**(WITH 3RE CHANGES NOTED IN BOLD ITALICIZED CAPS)**

**I. *WELCOME & RECAP*** (CL or CS: 3:00)

**II. *QUESTION & ANSWER*** (CL or CS: 10:00)

**III. *Introduction and optional opening prayer*** (CL or CS: 0:30)

**IV. *Reasons we avoid communicating in sensitive areas and effects on our relationship*** (LH or LW: 1:30)

**A. We all have sensitive areas in which we avoid communicating**

**B. Why and effects**

**1. Because of who I am**

**2. Describe effects on your relationship**

**V *Three typical ways we might react to each other's feelings***  
(CL and/or CS: 3:00)

**A. Rejection**

**B. Toleration**

**C. Acceptance**

**VI. *Tell the story of our journey where we reached out to accept each other through sharing our feelings about an area of our relationship where we felt vulnerable***

(Total time: 9:00; LH & LW on sex and CL & CS on finances: 4:30 each couple)

**A. Name the area and describe how and why you avoid talking about this area** (0:30)

**B. Name the feeling and describe it in detail** (1:00)

**C. Briefly summarize your verbal dialogue focusing on the acceptance and the resulting intimacy** (1:30)

**VII. Non-verbal communication – Define and expand** (CL or CS: 1:30)

- A. Non-verbal communication is 55% of our communication**
- B. Non-verbals don't lie, but they can be misunderstood**
- C. Intensity is often better expressed with non-verbals**
- D. Give examples of non-verbal communication by referring to non-verbals talked about in the dialogue sharings in IV**

**VIII. Tell the story of our journey to accept one another in our feelings about being separated by death**

(Total time: 9:00; LH & LW: A-D, 8:30; LH or LW: E, 0:30)

- A. State the area and describe how and why you avoid talking about being separated by death** (1:00)
- B. Why did you decide to dialogue on being separated by death?** (0:45)
- C. Read your love letters** (1:30)
- D. Share your verbal dialogue and its effects** (LH & LW: 2:00)
- E. Point out how important it is to live and love more now, before it is too late** (LH or LW: 0:30)

**IX. Reinforce elements of dialogue** (CL and/or CS: 3:30)

- A. Reflect on how the dialogue process was used to grow in intimacy and reach this depth of communication**
- B. Briefly reinforce the dialogue process**
  - 1. Writing – self-disclosure through feelings**
  - 2. Exchange**
  - 3. Verbal Dialogue – reinforce acceptance**
  - 4. Review topics or behaviors that do not belong in dialogue**
  - 5. Worksheets for dialogue (in Workbook): Areas for Reaching Out to Each Other**
  - 6. Announce the break**

Writing time: 20 minutes

Dialogue time: 30 minutes

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

**--- A BREAK FOLLOWS ---**