

Encounter with Self – ABOUT 113:00:00 (usually 54:45)
Outline Only – Common Protestant Outline
(WITH 3RE CHANGES NOTED IN BOLD ITALICIZED CAPS)

I. WARM WELCOME AND REVIEW
(LH and/or LW and CL and/or CS: 8:00)

- A. WELCOME AND NUTS AND BOLTS (LH AND/OR LW 3:00)**
- B. RECAP OF LAST SESSION (CL AND/OR CS: 5:00)**

II. QUESTION & ANSWER TIME (CL and/or CS: 10:00)

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

IV. Typical ways we try to present ourselves (Total time: LH or LW: 15:00)

- A. Introduce Personality Styles Assessment (LH or LW: 3:00)**
- B. Give them 8 minutes to complete the exercise (8:00)**
- C. Give them 4 minutes to read the personality style descriptions and share their Personality Styles Assessment with their spouse (4:00)**

V. The way I try to present myself to others (TOTAL TIME: 51:00)

- A. The difference between personality style and behaviors**
(LH or LW, usually the person who did not present section II)
 - 1. Give the definitions of personality style and behavior (1:15)**
 - 2. Give an analogy to illustrate the difference between personality style and behavior (1:00)**
 - 3. Explain that we cannot change our personality style, but we can change our behaviors (0:30)**
- B. Identify and describe my dominant personality style**
(LH & LW and CL & CS: 1:00 each)
- C. Dominant personality styles not covered (LH or LW: 0:45)**
- D. Identify and share about some of my typical behaviors**
(0:30 for transition statement followed by LH & LW and CL & CS: 3:00 each for 2, 3 & 4)
 - 1. Transition into behaviors (LH or LW: 0:30)**
 - 2. Illustrate my typical behaviors**
 - 3. Give brief examples of the ways my behaviors developed**
 - 4. Share the positive and negative effects of my behaviors**

E. THE WAY I TRY TO PRESENT MYSELF TO OTHERS

(LH & LW: 31:00 INCLUDES DIALOGUE)

1. LAY COUPLE MODELS THIS DIALOGUE BY REVIEWING THE TECHNIQUE AND SHARING THEIR WRITTEN LETTERS

(5:00 MAX)

2. GIVE THE COUPLES 10:00 TO WRITE ON THE SAME QUESTION *(10:00)*

3. LAY COUPLE DEMONSTRATES THE VERBAL PORTION OF DIALOGUE *(6:00 MAX)*

4 GIVE THE COUPLES 10:00 TO FINISH THEIR DIALOGUE *(10:00)*

QUESTION: "WHAT BEHAVIOR OF MINE POSITIVELY AFFECTS OUR RELATIONSHIP? HDIFSTWY? **

VI. How self-doubts limit me and my relationships (Total time: 13:00)

A. Introduce the "me" I don't want others to see and the concept of self-doubts (CL or CS: 1:30)

B. Introduce the story of Aldonza and Don Quixote; play the song, Aldonza (CL or CS: 6:00, including 3:30 for song)

C. Give a personal sharing about my self-doubts, relating back to Aldonza (LH or LW and CL or CS: 1:30 each)

D. Superiorities also affect my spousal relationship (Total time: 2:30)

1. Self-doubts can lead to attitudes of superiority (LH or LW: 0:30)

2. Share a clear, concise example of my attitude of superiority (LH or LW and CL or CS: 1:00 each)

VII. Other ways to find out more about how I see myself (LH or LW: 1:30)

A. My reaction to compliments

1. State that we often minimize compliments or even reject them

2. Give a specific personal example of a compliment I received on an inner quality

B. How I use a double standard

1. Explain the concept of double standard

2. Give an example of how I use a double standard

VIII. God created me good, lovable, and unique (Total: 3:00)

A. Introduce and read Psalm 139:1-4 & 13-14 (CL and/or CS: 1:30)

B. Choosing to believe in the "me" that God sees

(CL or CS and LW or LW: 0:45 each)

**IX. Invitation to make a choice and closing instructions
(LH and/or LW: 1:45: A&B, 0:30; C, 1:15)**

- A. Explain the choice to stay where you are (A & B: 0:30)**
- B. Explain the choice to grow in your ability to love and to be loved**
- C. Closing instructions (1:15)**

X. Questions (LH and/or LW 1:00)

A. The questions are explained

- 1. What do I like most about myself?**
- 2. What do I like least about myself?**
- 3. What is my dominant personality style?**
- 4. What is the way I try to present myself to others? Describe it briefly. How does it limit my relationships?**
- 5. What are my feelings about what I have written? Describe fully.**

Writing time: 15 minutes

Dialogue time: None

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

XI. *MOTIVATION TO RETURN* (CL AND/OR CS: 8:00)

- A. *THE JOURNEY***
- B. *TAKE HOME DIALOGUE QUESTIONS***
- C. *MISSION POSSIBLE - STEP 2 OF COUPLE PRAYER***
- D. *PRESENTERS' WILLINGNESS TO BE CONNECTED***
- E. *ASSIGNMENT - BRING A WEDDING PHOTO WITH YOU NEXT SESSION***
- F. *TEASER FOR NEXT SESSION***
- G. *TRANSITION, CLOSING PRAYER, DISMISSAL.***

**** IT SHOULD BE NOTED THAT THE CURRENT CPO WORKBOOK OBVIOUSLY DOES NOT CONTAIN THIS QUESTION.**