

Risking to Trust in Dialogue – 33:00

Outline Only - Common Protestant Outline

I. Introduction and optional opening prayer (LH or LW: 0:30)

II. 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)

III. 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**

IV. 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**
 - 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**

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- C. Briefly describe the verbal dialogue (including the 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 (Total time 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).