

Areas for Reaching Out to Each Other – 28:00
Outline Only - Common Protestant Outline

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

II. 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**

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

- A. Rejection**
- B. Toleration**
- C. Acceptance**

IV. 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)**

V. 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**

VI. 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)**

VII. 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).