

Encounter with Self – 54:45
Outline Only – Common Protestant Outline

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

II. 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)

III. The way I try to present myself to others (Total time: 20:00)

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

IV. 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)

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- 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)

V. 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**

VI. 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)

VII. 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)

Questions:

- 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).