

**I. INDIVIDUAL SESSIONS 1 THRU 8**

**Session Time Table**

	<u>DVD</u>	<u>Q&amp;A</u>	<u>Write</u>	<u>Share</u>	<u>Travel</u>
<b><u>Session 1 (2hrs. 0 mins.)</u></b>					
Part 1 Welcome and Introduction	17	n/a	5	3	5
Part 2 Feelings	50	10	10	10	10
<b><u>Session 2 (2 hrs. 25 mins.)</u></b>					
Encounter With Self (Song: Aldonza)	85	10	10&15	10	15
<b><u>Session 3 (3 hrs. 5 mins.)</u></b>					
Part 1 Marriage in Today's World	60	10	20	20	10
Part 2 Listening	25	n/a	10	20	10
<b><u>Session 4 (3 hrs. 15 mins.)</u></b>					
Part 1 Areas	35	10	20	30	15
Part 2 God's Desire	35	n/a	20	20	10
<b><u>Session 5 . (2 hrs. 45 mins)</u></b>					
Part 1 Risk (Song: Dulcinea)	40	10	20	25	15
Part 2 Impact of Dialogue	30	10	15 (Open Sharing)		
<b><u>Session 6 (3 hrs. 5 mins.)</u></b>					
Marriage as Covenant (Song: If Tomorrow Never Comes)	45	10	60	60	10
<b><u>Session 7 (2 hrs. 30 mins.)</u></b>					
Part 1 Living Our Covenant (Songs: Impossible Dream, There's a New World Somewhere)	42	6	9	30	3
Part 2 Closing Service	60				
<b><u>Session 8 (1-2 hrs.)</u></b>					

## IX. SESSION 2 - ENCOUNTER WITH SELF

TOTAL TIME SESSION 2: 2 hrs. 25 mins.

### Overview of Presentation

This session helps the couples take a realistic look at how they present themselves to others through their dominant personality style and behaviors. It also helps them get in touch with their self-doubts and how these self-doubts can limit their relationship.

#### As the Facilitator Couple you should:

- Be prepared to answer questions on the following areas covered in Session 2.
  - Everyone has a dominant personality style.
  - Behaviors can have both positive and negative impacts on their relationship.
  - We cannot change our personality style. We can change our behaviors.
  - Many of us struggle with self-doubts or a poor self-image.
- Greet the couples warmly and ensure that they get their name tags.
- Ask if they have any questions from the previous week or on their homework.
- Open the session with prayer (optional).
- Start the 3RE DVD for Session 2.

### SESSION 2 - Encounter With Self

*Facilitators:* **START VIDEO**

- |     |   |         |
|-----|---|---------|
| I.  | Welcome and Recap of Session 1  | 5 min.  |
|     | <i>Facilitators: PAUSE VIDEO for Q&amp;A</i>  |         |
| II. | Question & Answer Time  | 13 min. |
|     | <i>Facilitators: Review Nuts and Bolts, locations for dialoguing, any questions from the past week.</i> |         |

**RESTART VIDEO**

- |      |   |         |
|------|---|---------|
| III. | Introduction to Session 2   | 30 sec. |
| IV.  | Typical Ways We Try To Present Ourselves  | 15 min. |
|      | <i>Facilitators: PAUSE VIDEO</i>  |         |
|      | <i>➤ EXERCISE #1 Personality Styles Assessment</i>  |         |
|      | <i>➤ Page 2.3 in your workbook</i>  |         |
|      | <i>➤ 12 min total exercise time</i>   |         |
|      | <i>➤ 8 min. to take the personality styles assessment</i>   |         |
|      | <i>➤ 4 min. to read descriptions and share with spouse</i>  |         |
|      | <i>➤ After taking the assessment, read the following to the couples:</i>  |         |
|      | <i>“If you are finished, please tally your results by adding the four vertical columns. The highest total indicates your dominant personality style. The letters next to the totals correspond to the four styles: Helper, Organizer, Thinker, and Catalyst. Take a few minutes to read over the descriptions of these on the next page and then discuss the results of the exercise with</i> |         |

*your spouse. If you still need more time to complete the exercise, please do that first.”* **RESTART VIDEO**

- V. The Way I Try to Present Myself to Others 51 min.  
*Facilitators: PAUSE VIDEO for Exercise #2, Part 1 after the reading of the Lay Couple’s letters.*

- *Page 2.7 in your workbook.*
- *Allow 10 min. to write response to the questions: “What behavior of mine positively affects our relationship? How do I feel sharing this with you?”*

*After writing time, RESTART VIDEO.*

*Facilitators: PAUSE VIDEO for EXERCISE #2, Part 2 after the Lay Couple’s verbal dialogue demonstration.*

- *Allow 10 min. for couples to go to their breakout areas for sharing on their written reflection. Remind them of the call back procedure.*

*After the couples return, RESTART VIDEO*

- VI. How Self- Doubts Limit Me and My Relationship 13 min.  
VII. Other Ways to Find Out More About How I See Myself 1 min. 30 sec.  
VIII. God Created Me Good, Lovable, and Unique 3 min.  
IX. Invitation to Make a Choice and Closing Instructions 1 min. 45 sec.  
X. Dialogue Questions 1 min.

*Facilitators: PAUSE VIDEO*

- *Tell couples to go to pages 2.12-13 in their workbooks.*
- *15 min. writing time (There will be no sharing on these questions.)*
- *Wives will stay in the conference room to write. Husbands will go to their breakout areas.*
- *Review call back procedure.*
- *When husbands return, state where the PDA’s can be found in the workbook.*

**RESTART VIDEO**

- XI. Motivation to Return 5 min.

*Facilitators: STOP VIDEO (end of DVD Session 2)*

- *Give couples any instructions needed.*
- *Refer couples to the PDA (Prayer, Dialogue and Act) sheets in their Workbooks for their Session 2 homework.*
- *Encourage them to return for Session 3.*
- *Extend offer to help them and answer any questions they may have during the upcoming week.*
- *Close with prayer.*
- *You may then dismiss or have snack, etc.*

**TOTAL TIME SESSION 2: 2 hrs. 25 min.**