

SELF-ESTEEM

Post Weekend Resource

Purpose of Presentation: To set the mood for each couple in the group to have an open and meaningful experience in personal reflection and conjugal dialogue about the topic **Self-Esteem**. A “grass roots” look at our individual self-esteem (where it’s at and why) will stimulate dialogue on what we can do to improve our self-esteem. It’s a beginning of continuing growth as individuals, couples and Marriage Encounter people.

Preparation for Meeting by Presenting Couple

Method:

- I. In preparation for your continuing dialogue group talk, dialogue first on the following questions:
 - A. What does self-esteem mean to me? How does my self-esteem or lack of it affect our relationship?
 - B. How do I know I have, or lack self-esteem? Give examples.
 - C. Do I love myself? Why or why not? HDIF about myself?
 - D. What factors of my and other’s human behavior damage my self-esteem? Examples
 - E. How have I improved another’s self-esteem?
 - F. How do I improve my own self-esteem?
 - G. HDIF when I am with a person who lacks self-esteem?
 - H. HDIF when I am with a person who possesses self-esteem?
 - I. HDIF when I have self-esteem?
 - J. HDIF when I don’t have self-esteem?

Questions E, F, I, and J should be phoned to members of your continuing dialogue group for their dialogue use prior to the meeting.

- II. When you have discovered your feelings from the dialogue you have done, use the outline below to prepare your talk. Be sure to use examples from your own lives and to tell your feelings.

Outline of Talk

- I. **Introduction**
 - A. Tell what self-esteem means to both of you. How does it make you feel?
 - B. Give personal examples - when and under what circumstances have you felt worthwhile?
- II. **Difficulty of obtaining self-esteem**
 - A. Each spouse tells of own struggles to gain self-esteem. Give examples. Explain how the difficulties made you feel.
- III. **How can we improve our self-esteem?**
 - A. Each spouse shares definite examples of how he has improved his self-esteem. Did someone else help? Who? How did it happen? How did you feel?
 - B. Each spouse shares examples of how they’ve helped improve another’s self-esteem. How did it make you feel?

Write out your talk or, if you find it easier, use your outline with added notes to help you cover the important parts of your talk. Be real, be honest, be YOU. Share yourself and your feelings and your talk will be great. **Do not give a lecture.**

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The Meeting

Dialogue and sharing question: Use question “A” above under Method.

Personal Reflection/Conjugal Dialogue (10/10)

Group sharing and discussion on questions

Suggested Scripture Reading: Isaiah 6: 4-8, read twice. Remind your group that as they listen to the scripture they should be thinking: What does this mean to me? How does it make me feel?

Where is He leading me?