

EVERGREEN – Marriage Enrichment for all ages.

Dialoguing is essential in enhancing your spousal relationship. Here are Dialogue Questions for each session of this ME Resource. Try them at your Love Circle Meetings.

Session 1: Memories of Our Wedding Day

Exercise 1 - Reflect and share on your memories of the day you said 'I do'.
How do I feel sharing this with you? (HDIFSTWY?)

Exercise 2- What were the highlight(s) and disappointment(s) of your honeymoon. HDMAMMF

Session 2: “I Take You...” (Communications)

How do I feel about our communication? What can I do to bring our spousal communication to a deeper level of intimacy?

Session 3: “To Have and to Hold...” (Attitudes about Sex)

Is our sex life all I want it to be? How can I make it better? How do I feel sharing this with you? (HDIFSTWY?)

Session 4: “From This Day Forward...” (Feelings)

In what ways have I allowed you to share your deepest feelings, and/or been an obstacle in allowing you to share your deepest feelings with me? How does my answer make me feel? (HDMAMMF?)

or

What do I appreciate most whenever you share your deepest feelings with me. HDMAMMF?

Session 5: “For Better...” (Becoming a Better Person)

How do I feel after sharing with you my responses to the above exercise?

Homework Dialogue Question

What will I do to make ours a Great Marriage? How do I feel sharing this with you? (HDIFSTWY?)

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SESSION 6: “...For Worse” (Criticism)

What are the goodness I see in you? HDMAMMF?

or

What are the close and/or intimate times that we had which I cherished the most? HDIFSTWY?

or

How can I be less critical and/or judgmental of you? HDMAMMF?

Session 7: For Richer...” (Making Couple Decisions)

How do I feel about making 'every decision' a 'joint decision' with you my spouse?

Session 8: “...For Poorer” (Exploring Our Faith)

1. What does being a *insert religion* mean to me? How do I feel about my answer? (HDIFAMA?)

2. Do I feel a part of the *insert religion* community?

3. What does 'Prayer' mean to me? HDIFAMA?

4. Do I follow/lead in our couple prayer? HDIFAMA?

5. How does my values as a *insert religion* affect the way I bring up our children/family? HDMAMMF?

Session 9: “In Sickness...” (Attitudes about Money)

How do I feel about the way we spend our family finances?

Session 10: “...And in Health” (Budgeting)

How do my attitudes about money affect our relationship? How does my answer make me feel? (HDMAMMF?)

Session 11: “...For As Long As We Both Shall Live” (Fighting)

How do I want to continue to live with you my spouse? HDMAMMF

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