

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?)

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 bout 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