

COUPLE MEMORIES 3

Tell a memory about or involving . . .

Roll 2 dice twice to locate a table cell. First roll is vertical and second roll is horizontal. 12 = you choose a number. Or use a deck of cards where you ignore face cards and the ace is 11. If that "memory" has already been used, use one from any cell touching the cell located. Then, put the words within the cell into the request, "Tell a memory about or involving _____." When a person answers, the other asks curious questions to get to know the partner better, but never to criticize. This process repeats with the other person answering the same question and being asked questions in a curious manner. For the very best results, read the free article "Successful Couple Dialogue" at www.ChurchesReachOut.com.

*The designers, publishers, organizations and persons who gave you this tool cannot be responsible for any specific outcome. Use good judgment. If conflict arises, stop immediately and seek the expert help of a professional counselor or psychotherapist.

	2 & 3	4 & 5	6 & 7	8 & 9	10 & 11	
2 & 3	a miracle you experienced; or a past boss	the most restful time of your life	a female about your age whom you really enjoyed	the most "foreign" place you have visited	your failures you now have peace about	2 & 3
4 & 5	the most dangerous thing you ever did	something your parents disagreed about	the tools you have enjoyed using	a female older than you whom you really enjoyed	ways your tastes have changed	4 & 5
6 & 7	medical advances that have helped you	your grandparents' houses	something you have done recently to enrich another	an exercise program you've done	the wildest ride you have experienced	6 & 7
8 & 9	a male older than you whom you really enjoyed	something you changed in your home that you enjoy	a male younger than you whom you really enjoyed	a time you chickened out	a female younger than you whom you really enjoyed	8 & 9
10 & 11	an accident you were in	a male about your age whom you really enjoyed	gambling or a time you were in the news	someone you wanted to be like when a teenager	a fantastic dream or nightmare you had	10 & 11

	2 & 3	4 & 5	6 & 7	8 & 9	10 & 11	
2 & 3	a female friend who taught you something important	something strange or odd that you've really enjoyed	a significant financial mistake	a time you kept from losing control & hurting someone	your very most favorite animal friend in the world	2 & 3
4 & 5	a time you "went against the grain"	a person you doubted who turned out well	a relationship that went bad	the worst fight with a parent	your best discussions with someone	4 & 5
6 & 7	someone you "told off" in a nice way	car trouble	a male friend who taught you something important	a negative person you've eliminated from your life	your favorite kind of tree or shrub	6 & 7
8 & 9	fads you embraced	a time you were really scared you were in trouble	the worst fight with a friend	something that weighed you down that you got rid of	a food crisis	8 & 9
10 & 11	a crime you experienced or reacted to	your dating history in high school and college years	a prank or an event you made happen	trouble with bureaucracy	a stranger who taught you something important	10 & 11

Your Church Name & Other Information Goes Here

Information of your choosing goes here.

(example)

River Bend Community Church

1289 East Willow Road
River Bend, California

www.rbcxchurch.org

(876) 987-XXXX

If you order a license,
this space is blank
so that you can insert
whatever your church wants
in this space.

This space can also be used as
advertising for someone who
wants to pay the expense of this
outreach effort.

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WHAT IS DIALOGUE?

There is probably no finer communication skill than dialogue. Therefore, if you do it, you will build a better and better relationship through understanding and caring.

DIALOGUE IS MERELY ASKING QUESTIONS OF EACH OTHER OUT OF CURIOSITY IN ORDER TO BETTER KNOW AND UNDERSTAND ONE ANOTHER

Dialogue usually means just asking the questions "Why?" and "What do you mean?" over and over again. When you ask a person a "why" question, it usually opens up a bit of new information about him or her. Another "why" question yields a little more. When a "why" question seems hard to think of, then any simple, friendly, non-judgmental question motivated by curiosity is fine.

Such dialogue helps you find out what others really think and feel. It also helps others find out what you really think and feel.

Understanding and accepting other people – deeper and deeper through dialogue – knowing how others think and feel, as well as what they really mean by what they say, creates much better relationships.

GUIDELINES FOR DIALOGUE

For good dialogue, it is important to follow these ground rules:

1. Answer what is true for you. The other person will try to remember what you said so that he or she can better understand you and treat you better.
2. Listen in order to understand the person talking, not to change him or her.
3. No arguing, criticizing or objecting. People hate to be criticized over things they say. They know what they think and feel, and they consider it absurd and insensitive if others think they know these things better.
4. Ask lots of questions (usually "Why?" or "What do you mean?") to clarify what is being communicated. Other clarifying questions can be: "What?" "What for?" "How?" "When?" "How come?" "Where?" "In what way?" "Can you explain?" "Please tell me more."
5. Refrain from giving advice or breaking in with your own contribution.
6. Let people be themselves, even if they give an answer that you do not agree with or like. Instead of objecting or offering criticism, ask the other persons "Why" questions. This will help you clarify what they are saying, what they think and feel about things, and who they are. People will appreciate your efforts to understand them.
7. Avoid conflict. There are no right or wrong answers. There is just what a person says. He or she will appreciate you for asking about and learning from his or her own words.
8. Solve problems only after much dialogue has produced deeper understanding. Dialogue may expose some differences that might have to be solved. Make a note of those you think might need later discussion and problem-solving. During dialogue, do not bring up problems.