

COUPLE OPINIONS ABOUT THE BEST WAY

“What is the best way to ... and why?”

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 the chosen “best way” has already been used, use one from any cell touching the cell of the numbers. Then, put the words within the cell into the request, “What is the best way to _____?” When the youngest family member answers, others ask curious questions to get to know that family member better, but never to criticize. Then, going around the circle from youngest to oldest, everyone answers about the “best way” in the cell. This process repeats by taking turns rolling for a cell, but always beginning with the youngest and working toward the oldest. For the very best results, read the free article “Successful Couple Dialogue” at www.ChurchesReachOut.com.

After you finish a “Best Way” dialogue, perhaps you both can sit down with a computer and do an Internet search of what others consider the best way to do it.

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	2	3	4	5	6	7	8	9	10	11	
2	make differences work well	handle disagreements	make others feel special	vacuum	get out of debt	plan time together	celebrate Christmas or ???	answer the phone	secure the premises	escape a house fire	2
3	make new friends	bring peace into your life	coordinate our schedules	celebrate birthdays	clean the kitchen	play competitive games together	use each other's things	celebrate Valentines Day	do laundry	keep weight down	3
4	shop for groceries	clean the bathroom	take care of a car	shop for and save \$ on gifts	celebrate Thanksgiving	take care of a cat	let each other be ourselves	take photographs	understand each other	store things	4
5	take care of a dog	eat meals together	dust the house	stop an argument	plan menus	affirm each other	give a compliment	deal with no electricity	celebrate the Fourth of July	watch movies at home	5
6	relate to neighbors	help each other when ill	wash windows	keep friends	accommodate each other	mop and/or sweep floors	keep the bedroom	ask each other for help	get emergency help	handle common reading material	6
7	keep the living room	shop for clothes	wash the car	celebrate our anniversary	mow the lawn	back up the car safely	minimize pollution	use power tools	celebrate New Years Eve & Day	keep from sharing colds	7
8	travel in the car	wash and dry the dishes	save money on clothes	keep in touch with relatives	avoid speeding tickets	save \$ operating the cars	keep cool in hot weather	arrange for alone time	keep in good shape	deal with a stove fire	8
9	discover what you enjoy	maintain personal hygiene	keep warm in cold weather	cook chicken safely	save money on food	store potato salad safely	discipline the dog or cat	keep house plants alive	make gravy	keep in touch with friends	9
10	pick a restaurant	escape a bad mood	eat healthier	remember what each other likes	take care of photographs	organize the refrigerator	install a new toilet paper roll	handle a mistake by a waitress	have friends of the opposite sex	landscape	10
11	ask for help from others	store food	fold towels	deal with angry relatives	make personal changes	keep in touch with feelings	deal with an intruder	polish furniture	get catsup out of the bottle	dispose of batteries	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 she or he 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.