

# COUPLE MEMORIES 2

*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](http://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	your earliest memory	the most exciting time of your life	holidays as a child	a favorite pet	the first television shows you watched as a kid	2 & 3
4 & 5	someone you admired when you were in high school	what you liked best about being a kid (not a teen)	neighbors you once had	your wedding or your graduation	a group you belonged to as a kid	4 & 5
6 & 7	the worst weather condition you have been through	your favorite hiding place as a young child	a sports event you attended	the people who have made you laugh or enjoy life more	someone who was a mentor	6 & 7
8 & 9	your all-time favorite sports figure	a really important event in your life	visits to your grandparents	a favorite inside toy when you were a child	the nicest thing your mother or father did for you	8 & 9
10 & 11	the most enjoyable money you ever made	a home you once lived in	what you liked best about being a teen	your best telephone call ever	a few teachers who were helpful to you	10 & 11

	2 & 3	4 & 5	6 & 7	8 & 9	10 & 11	
2 & 3	something important a brother or sister taught you	something you have done to better the world	something you wish could happen again	your group of friends in grade school	something important your mother taught you	2 & 3
4 & 5	a new adventure you were excited about	your group of friends in high school	how you liked grade school	a parent's possession that you would like to have	a major loss in your life	4 & 5
6 & 7	national disasters that have affected you	some self-improvement program you tried	something important you learned from a wild animal	any close encounter with danger or death	cherished gifts you have received	6 & 7
8 & 9	your group of friends in junior high school	your favorite fairy tale as a child	what you didn't like about becoming an adult	a concert you attended	your friends right after high school or in college	8 & 9
10 & 11	something important your father taught you	a time you did something that just was not "you"	a time you got attention that you did not want	a time you were unhappy with your boss	something important you learned from a pet	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.