



TIKKUN HA•BRIET

THE HEALING OF THE COVENANT

TIKKUN HABRIET

Tune Up Series

***Family of Origin and
Values vs Ideals
Workbook***

Part 1 – Family of Origin & Personality Type



EXPLORING OUR FAMILY OF ORIGIN DISCOVERING OUR PERSONALITY TYPE

The purpose is to help us understand that our Family of Origin, the place where we lived our childhood, has had an important influence on our personality, our self-esteem, and the way we relate to others. We will also learn about and examine our own personality style. The freedom to be intimate can be found in self-knowledge and understanding how we relate to others.

Your notes and thoughts here



WHAT WAS IT LIKE GROWING UP IN MY FAMILY?

Answer the questions below as completely as possible.



1) My parents were

- Married
- Divorced Neither married again 1 subsequent marriage both subsequent marriage
- Deceased Both Parents 1 Parent

Other parent subsequent marriage

2) There were _____ children in my family. _____ boys _____ girls
Where did you fit in?

3) What was it like at dinnertime when you were growing up?

4) Were your mother and/or father usually easy-going and patient, or were they strict, angry, impatient? Describe fully.

5) Describe some situations or things that helped you feel secure when you were growing up.

WHAT WAS IT LIKE GROWING UP IN MY FAMILY (cont) ?

6) Describe some situations or things that made you feel insecure.

7) Who or what was a source of comfort for you while you were growing up? Explain in detail.

8) What events were of major influence in your Family of Origin?

9) Name two or three feelings you experienced growing up in your family. Describe them fully.
(loved, useless, rejected, accepted, special, fearful, distrustful, neglected, protected, etc.)

PERSONALITY STYLE ASSESSMENT

Each of us has a dominant personality style that reflects our individual values and principles and affects our relationship with others. We will explore four basic personality styles in this exercise. Each of us has some characteristics of each of these styles; however, one style is usually dominant. Knowing our primary style is helpful in developing empathy, understanding, acceptance, and trust in any relationship.

Rate each category by assigning 4, 3, 2, or 1 to each of the boxes:

4 is most like you (as you are at home) AND 1 is least like you as you behave at home.

1) The personal qualities I am more aware of in myself are	<i>gentleness & warmth</i>		<i>strength & capability</i>		<i>consistency & clarity</i>		<i>spontaneity & creativity</i>	
2) My strongest value (principle) is	<i>relationship</i>		<i>responsibility</i>		<i>being correct</i>		<i>freedom</i>	
3) I am attracted to people who	<i>are cooperative and easy to get along with</i>		<i>are responsible and get things done</i>		<i>are thorough and think things through</i>		<i>are fun and unique</i>	
4) I tend to make decisions by	<i>trusting my intuition</i>		<i>following the rules</i>		<i>careful analysis and consideration</i>		<i>my gut reaction</i>	
5) I get people to cooperate by	<i>creating friendship and harmony with them</i>		<i>persuasion and direction</i>		<i>influence, discussion and a logical approach</i>		<i>motivation and an outgoing, creative style</i>	
6) I feel best about myself when I am	<i>helping people feel good about themselves</i>		<i>getting things done</i>		<i>advising people and helping them work things out</i>		<i>causing things to happen</i>	
7) I want others to see me as	<i>warm and personable</i>		<i>reliable and effective</i>		<i>confident and logical</i>		<i>skillful and unique</i>	
8) when someone criticizes me, I am likely to	<i>withdraw and not deal with it</i>		<i>deal with it and defend myself</i>		<i>analyze the situation and others' motives</i>		<i>ignore it and move on</i>	
9) When I am really down on myself, I see myself as	<i>having very little to offer</i>		<i>incapable of doing what is needed</i>		<i>confused and out of control</i>		<i>a loser</i>	
10) When I am under stress, I tend to	<i>withdraw and compromise</i>		<i>redouble my efforts</i>		<i>discuss and analyze</i>		<i>challenge and confront</i>	
TOTALS Add the columns down								

DESCRIPTION OF PERSONALITY ATTITUDES AND BEHAVIORS

Helper

The **Helper's** prime value is to be in relationship with others. **Helpers** are people who need people, and they love to be involved with others. Generally, they get in touch with other's feelings and are empathetic and intuitive. In relationships, they are peacemakers and work to obtain cooperation, belonging and harmony. It is very important to the **Helper** to be seen as genuine and caring. The **Helper** generally tends to see the positive in situations. They are loyal, trusting, supportive and more concerned with what could be rather than with what is.

Organizer

The **Organizer** gets things done. They tend to be very responsible, are almost always prepared and follow the rules. The **Organizer** tends to make a list so they know when the job is done. If something is disorganized and lacks structure, they strive to get it structured and organized. They tend to be reliable, stable and sensible. In general, **Organizers** do not enjoy lots of change, preferring things to be predictable and orderly. They tend to look to the past for the basis of decisions, how have things been done before (tradition). Among their major gifts are their sense of order and follow-through. **Organizers** almost always do the work first, and if there is time, they consider pleasure or play.

Thinker

The **Thinker** enjoys ideas and wants to understand. They enjoy analyzing situations, tending to be the quiet observers. In general, **Thinkers** are independent and are more involved with thoughts and ideas than with emotions. They follow the rules if the rules make sense and are logical. The **Thinker** has a need to be competent and to accumulate knowledge. They enjoy debate and discussion of ideas. Usually, **Thinkers** tend to be perfectionists and have difficulty dealing with their own mistakes. They are great planners because they consider all the options.

Catalyst

The **Catalyst** enjoys being free, spontaneous and playful. **Catalysts** are generally bold in their actions, enjoy being the center of attention, and they are risk-takers. They are action-oriented, like to be involved with the here and now. **Catalysts** like making things happen and being involved. They enjoy competition and like variety. They get bored rather easily and seek change just to make things interesting and exciting. **Catalysts** enjoy a challenge and tend to do things their way, often being seen as impulsive. They find rules and structure confining and are looked up to for their spontaneity and outgoing nature.

DISCOVER YOUR PERSONALITY TRAITS

Category	HELPER	ORGANIZER
<i>I am esteemed for</i>	<i>being a good listener</i>	<i>being dependable</i>
<i>I am stressed by</i>	<i>feeling artificial</i>	<i>lack of order</i>
<i>My highest virtue is</i>	<i>loyalty</i>	<i>responsibility</i>
<i>My key characteristic is</i>	<i>authenticity</i>	<i>being prepared</i>
<i>On the job I am</i>	<i>a Peacemaker</i>	<i>an Organizer</i>
<i>My primary needs are to</i>	<i>be authentic and care for others</i>	<i>...provide stability and order ...be in control</i>
<i>I seek</i>	<i>love and acceptance</i>	<i>security</i>
<i>I strive to foster</i>	<i>harmony</i>	<i>traditional values</i>
<i>I take pride in</i>	<i>being empathetic</i>	<i>being dependable</i>
<i>My specialty is</i>	<i>people</i>	<i>accomplishments, results</i>
<i>I am affirmed and supported</i>	<i>...by the acceptance of others ...by being included, trusted, and needed</i>	<i>...by being appreciated ...by having my accomplishments recognized</i>
<i>I trust</i>	<i>my intuition and feelings</i>	<i>authority and tradition</i>
<i>My most common fears are</i>	<i>not being accepted</i>	<i>loss of power dependency on others</i>
<i>Others may perceive my traits like this:</i>	<i>They might think that I lack enthusiasm ...that I'm a weakling and a pushover ...that I am too easily hurt ...that I'm attracted to hurting people</i>	<i>They might think I'm too stubborn ...that I am too rigid ...that I'm inflexible and unyielding</i>
<i>I need to learn</i>	<i>...to be more aware of my needs ...to be more willing to confront ...to share all of who I am ...that I am not responsible for the happiness of others ...how to say "NO"</i>	<i>...to be less critical and judgmental ...to avoid placing my expectations on others ...to be more diplomatic ...to be less demanding ...to slow down and discuss my decisions with others</i>

DISCOVER YOUR PERSONALITY TRAITS (cont)

Category	THINKER	CATALYST
<i>I am esteemed for</i>	<i>discovering new insights</i>	<i>being fun, taking risks</i>
<i>I am stressed by</i>	<i>feeling inadequate</i>	<i>restrictions - limits</i>
<i>My highest virtue is</i>	<i>objectivity</i>	<i>courage</i>
<i>My key characteristic is</i>	<i>ingenuity</i>	<i>talent and skill</i>
<i>On the job I am</i>	<i>a Problem Solver</i>	<i>an Energizer</i>
<i>My primary needs are to</i>	<i>be competent and rational</i>	<i>be free and spontaneous</i>
<i>I seek</i>	<i>insight and knowledge</i>	<i>freedom</i>
<i>I strive to foster</i>	<i>thoughtful consideration</i>	<i>fun and recreation</i>
<i>I take pride in</i>	<i>being competent</i>	<i>having impact</i>
<i>My specialty is</i>	<i>research and innovation</i>	<i>entrepreneurship</i>
<i>I am affirmed and supported</i>	<i>...when others recognize my wisdom ...when I am given a challenge</i>	<i>...by achieving visible results ...when others affirm my abilities</i>
<i>I trust</i>	<i>facts and logic</i>	<i>impulses, gut feelings</i>
<i>My most common fears are</i>	<i>to be seen as stupid</i>	<i>being confined</i>
<i>Others may perceive my traits like this</i>	<i>They might think that I am insensitive ...that I'm too critical, sarcastic, and overly blunt ...that I am too controlling ...that I rarely finish a project; I am a procrastinator They may see me as a loner</i>	<i>They might think that I lack follow-through and that I'm not serious ...that I'm too unrealistic ...that I exaggerate ...that I attack when I'm under pressure ...that I take risks that can be seen as foolish or dangerous</i>
<i>I need to learn</i>	<i>...to avoid sarcasm ...to be more in touch with my feelings and the feelings of others ...to be less rigid ...not to offer un-requested advice ...to stop putting pressure on myself to do things perfect ...to include others</i>	<i>...to be more organized and consistent ...to slow down and let others catch up ...not to take risks without thinking of the consequences ...not to be so spontaneous about saying things that might hurt others ...to stop challenging authority</i>

SYNOPSIS OF PERSONALITY STYLES - HELPER

OVERALL QUALITIES & CHARACTERISTICS

peaceful	sincere	spiritual	accommodating	thoughtful
subjective	sympathetic	insightful	non-demanding	calm
caring	compassionate	personal	adaptable	patient
empathetic	romantic	humane	accepting	giving
nice	peacemaker	tolerant	sensitive	true
humor	loyal	intuitive		

I AM:

- nurturing by nature
- drawn to the helping professions where I can have a greater influence on others and help them discover ways to live more significant lives
- a true romantic
- not highly competitive
- a deeply devoted and committed friend

I HAVE:

- a vivid imagination
- great motivational skills, but I am best known as a communicator

I LOVE:

- to talk with others about the way I feel and to learn about their feelings
- doing favors for others

AND

- I will do anything to avoid conflict or confrontation
- I tend to follow my heart rather than my head
- I believe in true love and living happily ever after
- People are the most important to me
- I enjoy sending and receiving symbols of love, caring or concern, such as flowers, poetry, and thoughtful notes
- I look for the true meaning or significance of life
- I respond well to encouragement
- I seek opportunities where everyone can be successful, where there are no losers
- Spiritual things are very important to me
- I seek sincere people and value unity and integrity in my relationships
- It's vital to have everyone in the group feel good about themselves



SYNOPSIS OF PERSONALITY STYLES - ORGNIZER

OVERALL QUALITIES & CHARACTERISTICS

sensible	practical	organized	provider	determined
stable	thorough	punctual	dependable	painstaking
conservative	detailed	solid	hard-working	consistent
structured	positive	predictable	reliable	productive
confident	competitive	strong-willed	factual	un-impulsive
patient	persevering	traditional		

I AM:

- stable and dependable by nature
- the person others come to when they need a job done
- highly responsible and believe that work comes before play
- neat, orderly and well organized
- not comfortable in unstructured situations
- serious-minded and have a traditional and conservative view of love and marriage
- dedicated and hard working
- uncomfortable with change
- often motivated by feelings of guilt or what “should be.”
- loyal and faithful in my relationships
- a problem solver
- a decision maker

I HAVE:

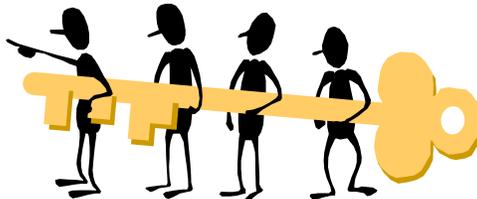
- a definite sense of what is right and wrong and I like things to be done the right way

I LOVE:

- challenges

AND

- I can stick to detailed tasks and see them through
- I follow rules and procedures and have a deep respect for regulations and authority
- I show my love for others through the security I provide and practical things I do
- It is important to me to be punctual



SYNOPSIS OF PERSONALITY STYLES - THINKER

OVERALL QUALITIES & CHARACTERISTICS

complex	curious	abstract	exacting	research-oriented
independent	ingenious	Intellectual	inventive	logical
scientific	theoretical	calm	cool	collected
analytical	accurate	detailed	perfectionist	controlled
consistent	precise	practical	predictable	technical
efficient	competent			

I AM:

- non-conforming by nature
- often curious
- inventive and like to explore new ways to do things
- independent and because of this people can think that I am impersonal
- more comfortable with things than people
- often referred to as a workaholic
- impatient with routines
- persistently and consistently rational in my actions

I HAVE:

- to respect someone before I value their advice

I LOVE:

- to work as long as I am constantly challenged

AND

- I think in abstract terms
- I take time to analyze things
- I ponder and struggle over decisions to be certain I don't make a mistake
- I do not like to talk about feelings
- I strive to keep my head in charge of my heart
- When my emotions begin to control me, I become uneasy
- Relationships are important, but once they are established and feelings are expressed, it's time to move on to the more important business of life
- When I have developed a concept or an idea into a working model, I prefer to move on to new challenges and leave the maintenance duties to someone else
- I question authority
- I can get hooked on acquiring and storing knowledge
- When I look at problems, I don't see black and white answers, only endless possibilities



SYNOPSIS OF PERSONALITY STYLES - CATALYST

OVERALL QUALITIES & CHARACTERISTICS

immediate	generous	witty	spontaneous	competitor	
performer	friendly	optimistic	eager	charming	
courageous	independent	willing	motivator	fearless	
excitable	enthusiastic	adaptable	easy-going	mechanical	compromising
	persuasive	promoter	fun	takes risks	
creative	very verbal				

I AM:

- fun loving by nature
- comfortable performing in front of others and love the opportunity to show what I can do
- talented and skillful
- easily bored and grow restless with routine, structured jobs and activities
- bold and seek physical contact and competition, constantly looking for excitement

I HAVE:

- lots of energy to try new and exciting things
- a hard time following rules and regulations or respecting authority

I LOVE:

- to use tools that make my job easier
- to surprise those I care about with extravagant, off-the-wall things
- to be spontaneous and do things on a moments notice
- to be in places where there are lots of exciting people
- relationships where I can enjoy my favorite activities and interests and where we can explore new things together
- to store up useful facts

AND

- I need the freedom to go and do what I want
- Neatness and tidiness are not my greatest strengths
- I learn by and through my experiences
- I would rather figure it out myself than ask
- I perform with effortless economy



Personality style Assessment Question

What is the most significant thing I learned about myself today by doing the Personality Style Assessment?

Write for 5 minutes

FoO and Personality Style Review

SESSION SUMMARY

Our family of origin affected the development of our personality style. The behaviors we developed became a part of our personality traits. Recognizing that some of our behaviors can be the source of problems within our marriage relationship, it is important to have a self-understanding of how these behaviors may push our loved ones away. From this awareness, we need to learn how to cultivate our strengths, recognize our weaknesses and maintain self-control.

TOPICS:

- EXPLORING OUR FAMILY OF ORIGIN
- PERSONALITY STYLE ASSESSMENT

What was most significant to me in this session?

What was most frustrating?

Other comments:

What helped me the most during this session?

Questions:

FoO and Personality Style DIALOG QUESTIONS

This is for those who learned the Dialog technique at our Communicating From The Heart workshop or from another program.

The focus of these dialogue questions is on

- **EXPLORING OUR FAMILY OF ORIGIN**
- **DISCOVERING OUR PERSONALITY TYPE**

Dialogue on a different question each day.

The following questions are only suggestions.

You may choose your own questions if you wish.

1. What event in my Family of Origin had an impact on the rest of my life? **HDIFAT?**
2. How do I see our Personality Styles complimenting each other? **HDIFAMA?**
3. Did my parents do things that I told myself I would never do?
 - a. How does my reaction to that parental pattern influence my relationship with you? **HDIFTYT?**
4. What is the best (or worst) parental advice I ever received and **HDIFAT?**
5. What do I need to take care of most from my past so that it will not project on our relationship? **HDIFTYT?**
6. What behavior related to my personality style do I most need to change? **HDIFAMA?**
7. How do I see our personality styles causing conflict between us? **HDIFAMA?**
8. What routine from my family of origin do I continue with my own family today? **HDIFAT?**

HDIF	How do I feel?
HDIFAMA	How do I feel about my answer?
HDIFAT	How do I feel about that/this?
HDIFSTWY	How do I feel sharing this with you?
HDIFTYT	How do I feel telling you this?
DYFF	Describe your feelings fully!

Part 2 – Values and Ideals



PERSONAL NEEDS -- EXPECTATIONS INTERESTS – VALUES -- IDEALS PERSONAL RELATIONSHIP WITH GOD

To help us look more closely at our differences and how they affect our marriage or relationship
The fact that these change so much suggests that we can reshape the role that each plays in our lives

Your notes and thoughts here



NEEDS – EXPECTATIONS – INTERESTS

NEED

A NEED is something essential to our well-being. It is different than a WANT.

A WANT is something we desire, But it is not essential to our well-being.

We all have different types of basic NEEDS:

PHYSICAL Eating, Sleeping, Exercise and Recreation

INTELLECTUAL Curiosity, to Understand and Communicate, to Find Truth

SPIRITUAL Prayer, Finding Goodness and a Higher Purpose

EMOTIONAL The Need to Love and Be Loved

The Need to Belong

The Need for Self-Worth

The Need for Autonomy*

**Autonomy is the freedom to be ourselves in our relationship.*

It is determined by the level of honesty, acceptance and trust between us.

We attend daily to our physical, intellectual and spiritual needs when we eat, drink, breathe, sleep, work, and pray. But we frequently ignore our EMOTIONAL needs. If we want to discover the roots of our behavior and actions, we must look at our personal needs. These needs come from deep personal experiences and feelings.

EXPECTATION

An EXPECTATION is a mental attitude, something we anticipate will happen. Expectations may or may not be reasonable. They are built up over a lifetime of experiences.

Expectations are generally based in the past, but operate in the present. Entering marriage with unrealistic expectations can lead to disappointments, which can undermine the relationship.

INTERESTS

INTERESTS are those activities, concerns, and involvement that draw our attention, excite us, and are often our driving force. Our differing interests come from childhood experiences, family backgrounds, personality differences, male and female differences, etc.

IDENTIFYING PERSONAL NEEDS

If you don't know what you want -- and you don't ask for it -- you won't get it.
If you know what you want -- and you don't ask for it -- you won't get it.
If you know what you want -- and you ask for it -- you might get it.

INSTRUCTIONS: Looking at this list of needs, identify your five strongest personal needs.

- | | |
|---|---|
| <input type="checkbox"/> I need to be cared for | <input type="checkbox"/> I need to be loved |
| <input type="checkbox"/> I need to be trusted | <input type="checkbox"/> I need to love |
| <input type="checkbox"/> I need understanding | <input type="checkbox"/> I need communication |
| <input type="checkbox"/> I need acceptance | <input type="checkbox"/> I need spirituality and prayer |
| <input type="checkbox"/> I need respect | <input type="checkbox"/> I need intimacy |
| <input type="checkbox"/> I need appreciation | <input type="checkbox"/> I need to be needed |
| <input type="checkbox"/> I need attention | <input type="checkbox"/> I need privacy |
| <input type="checkbox"/> I need admiration | <input type="checkbox"/> I need precious time together |
| <input type="checkbox"/> I need approval | <input type="checkbox"/> I need sexual fulfillment |
| <input type="checkbox"/> I need reassurance | <input type="checkbox"/> I need play and leisure time |
| <input type="checkbox"/> I need encouragement | <input type="checkbox"/> I need to serve others |
| <input type="checkbox"/> I need shared responsibility | <input type="checkbox"/> I need a support system |
| <input type="checkbox"/> I need openness | <input type="checkbox"/> I need shared rituals and traditions |
| <input type="checkbox"/> I need unity | <input type="checkbox"/> I need humor |
| <input type="checkbox"/> I need belonging | <input type="checkbox"/> I need comfort |
| <input type="checkbox"/> I need financial security | <input type="checkbox"/> I need spontaneity |
| <input type="checkbox"/> I need help with the housework, the children, the budget, etc. | |

IDENTIFYING YOUR SPOUSE'S NEEDS

INSTRUCTIONS: Looking at this list of needs, identify what you believe are your spouse's five strongest personal needs.

He / She needs:

- | | |
|--|--|
| <input type="checkbox"/> To be cared for | <input type="checkbox"/> To be loved |
| <input type="checkbox"/> To be trusted | <input type="checkbox"/> To love |
| <input type="checkbox"/> To be understood | <input type="checkbox"/> To Communicate |
| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Spirituality and prayer |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Intimacy |
| <input type="checkbox"/> Appreciation | <input type="checkbox"/> To be needed |
| <input type="checkbox"/> Attention | <input type="checkbox"/> Privacy |
| <input type="checkbox"/> Admiration | <input type="checkbox"/> Precious time together |
| <input type="checkbox"/> Approval | <input type="checkbox"/> Sexual fulfillment |
| <input type="checkbox"/> Reassurance | <input type="checkbox"/> Play and leisure time |
| <input type="checkbox"/> Encouragement | <input type="checkbox"/> To serve others |
| <input type="checkbox"/> To share responsibility | <input type="checkbox"/> A support system |
| <input type="checkbox"/> Openness | <input type="checkbox"/> Shared rituals and traditions |
| <input type="checkbox"/> Unity | <input type="checkbox"/> Humor |
| <input type="checkbox"/> To belong | <input type="checkbox"/> Comfort |
| <input type="checkbox"/> Financial security | <input type="checkbox"/> Spontaneity |
| <input type="checkbox"/> Help with the housework, the children, the budget, etc. | |

Share your lists and DISCUSS respectfully.

VALUE vs. IDEAL

DEFINITIONS:

A **VALUE** is something that we recognize as good and worthwhile, and we choose to have it in our life **NOW** by sacrificing other things.

An **IDEAL** is something that we recognize as good and worthwhile, and we want to have it in our life sometime **IN THE FUTURE**, but we are not willing to sacrifice for it right now.



Our family of origin influenced the things we value. We learned how to get along, how to trust, how to express love and affection, and how to take care of ourselves. These are just a few of the values we learned from our family of origin.

As adults, we choose those values that impress us favorably. Other things we hold in esteem, but we don't work now to attain them. We call those things ideals. We seldom look at a particular value in terms of our overall behavior, and we may sometimes confuse our values with our ideals. We may think that a particular ideal is a value when, in fact, we do nothing now to show that value's importance in our lives.

Some couples say they value a good marriage, yet they do nothing to make their marriage better. For those couples, a good marriage is an ideal, not a value. Some couples say that dialogue is a value, yet they stop dialoguing. For them, dialogue is an ideal, not a value, because they are not spending time dialoguing. If they did spend time dialoguing, then it would become a value.

Our values influence our relationships. They affect the way we respond to other people, especially our spouse. The time we spend pursuing our values has a particular effect on our relationships. The way we prioritize our values is also important. Two people can hold the same values, but because they don't attach equal importance to those values, they come in conflict.

Strong values are defended intensely, whereas weaker values are more easily compromised. Let's look at our values, where we learned them, and then where they were reinforced throughout our lives.

VALUE versus IDEAL EXERCISE

Follow the Directions Stated Below

1. Column #1 is a list of values. If it is a value of yours, write "YES" in Column #2.
2. Where did you first *Learn* this value?
 Was it in your Family of Origin, your Early Independence, or your Marriage?
 (Early Independence would be that time from the end of High School to marriage.)
 Put an "X" in the Column (#3, #4, or #5) where you learned this value.
3. Mark Columns (#4 and/or #5) with an "R" if the value you checked was *Reinforced*, or carried over to the other areas.
4. Have you spent time in the last year pursuing this value?
 Put "A", "B", or "C" in Column #6, the last Column.
A = A lot of time **B** = A little time **C** = No time at all

#1 Values List	#2 Check Here	#3 Learned in F.O.O.	#4 Learned in Early Independence	#5 Learned in Marriage	#6 Time Spent A, B, C
<i>Family meals together</i>					
<i>Education</i>					
<i>Attending Worship</i>					
<i>Friendships</i>					
<i>Wealth – Money</i>					
<i>Job and Promotions</i>					
<i>Perfection</i>					
<i>Marriage</i>					
<i>Family Holidays and Traditions</i>					
<i>Hobbies</i>					
<i>Reading</i>					
<i>Music</i>					
<i>Watching Television</i>					
<i>Entertainment: Movies, Theater, etc.</i>					
<i>Physical Fitness</i>					
<i>Satisfying Sex Life</i>					
<i>Nice House/Car</i>					
<i>Children</i>					
<i>Physical Appearance</i>					
<i>Habits – Smoking, Alcohol, etc.</i>					
<i>Serving Others</i>					
<i>Leisure Time</i>					
<i>Vacations</i>					
<i>Spirituality</i>					
<i>Material Possessions</i>					

Sometimes we think something is a value, but since we don't sacrifice time for it, our behavior indicates it is really an ideal. But we can always choose to change our behavior.

What is My Relationship With God

Did you see God as a partner in the marriage of your family of origin?

Do you see God as a partner in your marriage?

What life struggles have you had?

How have these life struggles impacted your relationship with God?

What is your present relationship with God when you have struggles now?

Where do you find spirituality (a sense of holiness)?

Does prayer/meditation connect you with God?

How do you best experience God?

If God was part of your marriage vows/ceremony; how can God be invited to be part of your marriage now?

Values and Ideals Review

SESSION SUMMARY

We each have needs, expectations and interests, which stem from our personality style. It is important to recognize that these can either divide us or unite us in our marriage. It is also beneficial to understand and define the difference between the values and ideals in our lives. Our values will affect our relationships, either by uniting us or causing conflict. Conflict can occur between us, even if we share the same values, simply because we place a differing degree of importance on them.

Understanding our own and respecting our spouse's relationship with God is important. We need to learn to accept where each of us is in our journey of faith. The concept of praying together as a couple can be a great benefit to our marriage.

By communicating with each other about our needs, expectations, interests, values and our relationship with God, we can enter into a mutually satisfying relationship.

TOPICS:

- IDENTIFYING PERSONAL NEEDS
- PERSONAL EXPECTATIONS
- PERSONAL INTERESTS
- VALUES versus IDEALS
- PERSONAL RELATIONSHIP WITH GOD

What was most significant to me in this session?

What was most frustrating?

Other comments:

What helped me the most during this session?

Questions:

Part 2 DIALOG QUESTIONS

This is for those who learned the Dialog technique at our Communicating From The Heart workshop or from another program.

The focus of these dialogue questions is on

- **PERSONAL NEEDS -- EXPECTATIONS**
- **INTERESTS - VALUES -- IDEALS**
- **PERSONAL RELATIONSHIP WITH GOD**

- Dialogue on a different question each day.
- The following questions are only suggestions.
- You may choose your own questions if you wish.

- 1) What ideal do I have that I wish was a value? **HDIFAMA?**
- 2) **HDIF** when our different interests separate us? (or needs, expectations, values?)
- 3) **HDIF** when I don't meet your expectations?
- 4) **HDIF** about being responsible for my own needs?
- 5) Thank you for helping fulfill my need of _____. **HDIFAT?**
- 6) Do I feel comfortable sharing my relationship with God with you? **HDIFAMA?**
- 7) What would I like to see us doing together to enhance our couple sense of connection with God? **DIFTYT?**
- 8) **HDIF** about my personal relationship with God?
- 9) **HDIF** about our couple relationship with God?

HDIF	How do I feel?
HDIFAMA	How do I feel about my answer?
HDIFAT	How do I feel about that/this?
HDIFSTWY	How do I feel sharing this with you?
HDIFTYT	How do I feel telling you this?
DYFF	Describe your feelings fully!