



# Yes/No Exercise



# Purposes:

- To **feel** how different styles of communication affect you.
- To **hear** the impact of a soft answer on the anger of others and yourself.
- To wake up and have a little fun

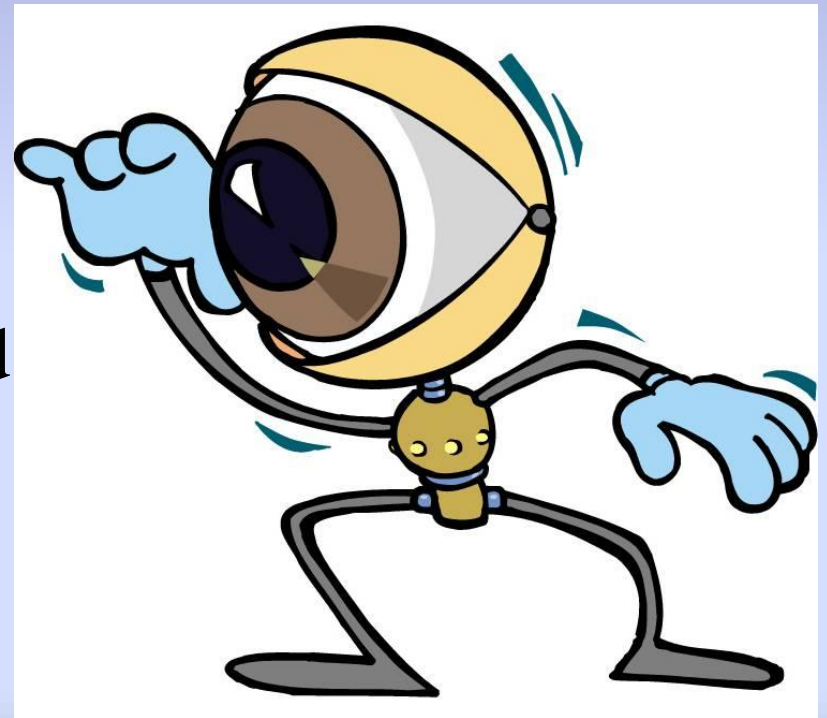


# Procedures:

- **Man** begins by saying yes normally.
- **Woman** by saying “no” at the same pitch and the same loudness.
- **Man** repeats saying “yes” varying the pitch and loudness.
- **Woman** responds with “no” matching the pitch and loudness.
- The process is repeated until **Man** had gone through the entire range of pitches from very high to very low and very loud (screaming) to very soft (whispering).
- Reverse roles and repeat the entire exercise

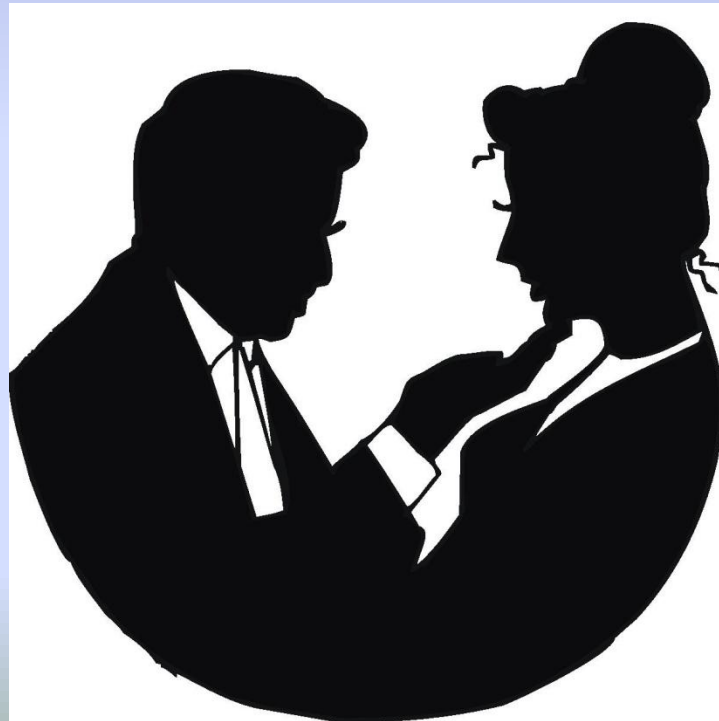
# Observations:

- Observe at what pitch and loudness you normally communicate.
- Observe at what points you become uncomfortable.
- Observe the effect of a rapid change from loud to soft on your feelings and on the behavior of your partner.



# Scriptural Idea:

- A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1 NIV



# Distance Exercise



# Purposes:



- To feel how different styles of communication effect you.
- To know yourself and your partner better.
- To explore how talking from various locations effects you emotionally.

# Procedures 1:

- Discuss a topic of moderate difficulty—what you want to do next weekend or one of your choosing.
- Begin by standing about 4 feet apart.
- Continue the discussion and move backwards up to 15 feet apart.





# Procedures 2:

- Continue the discussion and slowly move forwards up to 3 inches apart
- Backup until you are both comfortable.
- Notice the distance at which you are comfortable and see if you both agree.
- Continue conversing but take each others hand in hand while doing so.



# Observations 1:

- Observe your feelings at 4 feet.
- Observe at what longer distance communication becomes uncomfortable.
- Observe what you feel at 15 feet.



# Observations 2:

- Observe when communication becomes comfortable again.
- Observe your feelings at 3 inches.
- Observe your ideal distance.
- Observe the impact of touching on your discussion.



# Scriptural Idea:

- 2 John 1:12 I have much to write to you, but I do not want to use paper and ink. Instead, I hope to visit you and talk with you face to face, so that our joy may be complete. (NIV)



# Feelings by Touch Exercise

- To increase sensitivity to fiancé's feelings
- To increase awareness of impact of touch
- To increase kinesthetic communication

## Purpose



# Procedure

- I will privately tell the women a feeling to communicate only by touching
- She may touch him anywhere
- (avoid swimsuit area)
- Men will guess feeling from list
- Reverse Roles



# Which Feeling

- Anger
- Fear
- Disgust
- Love
- Gratitude
- Sympathy
- Happiness
- Sadness





# Scriptural Idea

- "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." Ephesians 5:31 NIV

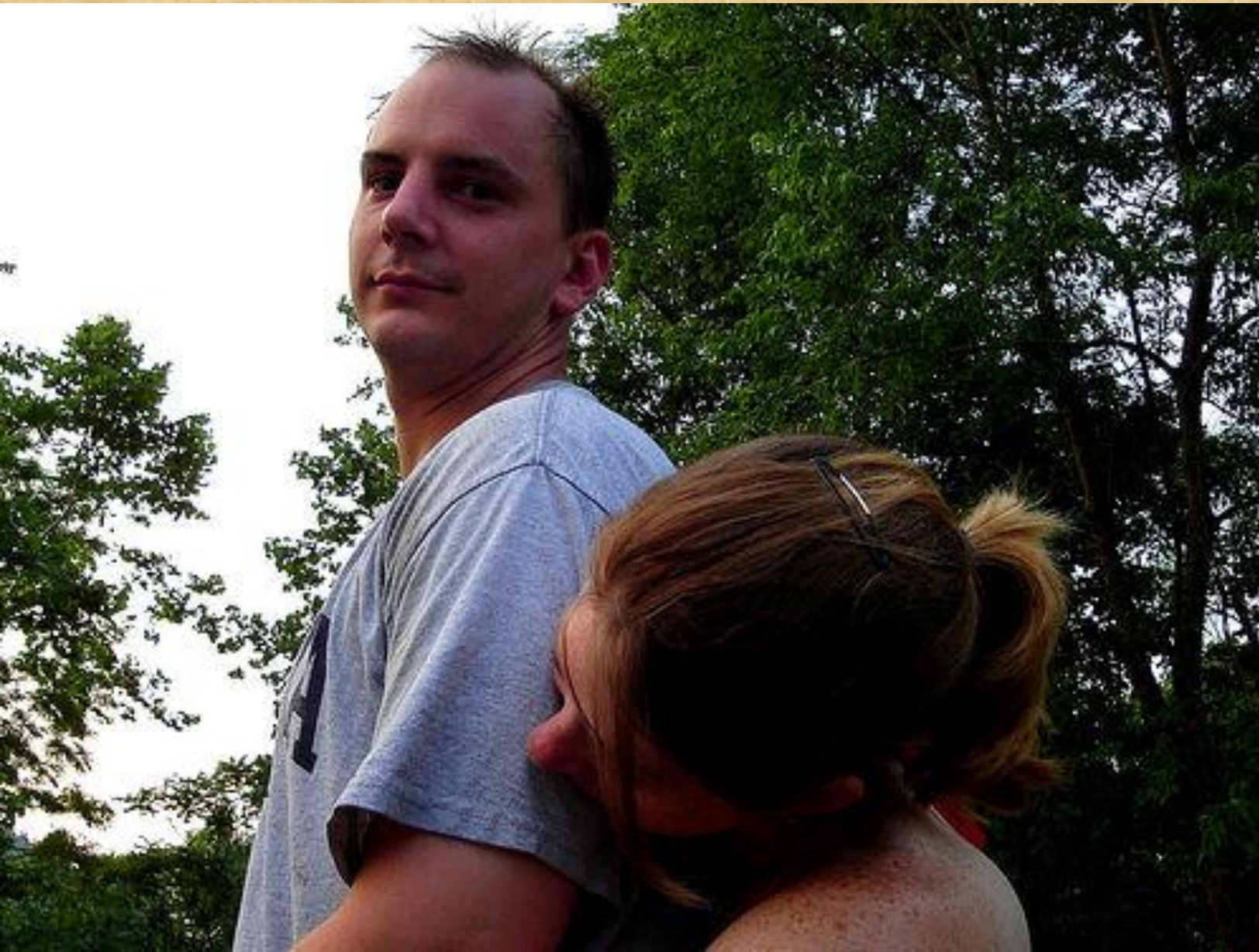




# Creating an Relational Prenuptial Agreement: An Exercise in Communication

©G. Lee Griffith 2010

# Fears People Have for their Marriage



# Reason for Pre Nup

- Little Social Support
- Lots of distractions and temptations
- Few clear rules



# Limitations

- Not legally binding
- Works only with people of good will
- Only as good as your friends/church/counselor



# Terms of Agreement

- Communication
- Addictive Behaviors
- Finances
- Faithfulness
- Family



# Communication

- Days without talking
- How many meals together each week?
- How many times to church together a month?
- How many date nights a month?
- TV during meals?
- Argument unresolved for how many days?
- Days without making love?
- Yelling
- Profanity
- Days of unwillingness to discuss a topic



# Addictive Behaviors

- Computer games
- Alcohol
- Gambling
- Pornography





# Finances

- Spending more common money than agreed
- Hiding spending
- Unwillingness to discuss finances



# Faithfulness

- Sharing if getting hit on
- Meeting with person of opposite sex
  - Lunch?
  - Dinner?
  - At home alone



- Access to each others cell phones & email

# Family

- How often to go to parent's home for holidays
- How many family events a year.
- Sharing information private to couple with family



# Accountability Tiers

- Married Couple: \_\_\_\_\_
- Pastor: \_\_\_\_\_
- Professional Counselor: \_\_\_\_\_
- Amendments to this agreement may be made only after discussing the issue with pastor or counselor listed above.

John is looking frustrated, Mary should say:

- A. Let me help you.
- B. Let's talk about it.
- C. Why are you rejecting me?
- D. You look frustrated now. We can talk later.



# If a woman cries, a man should

- A. Tell her the situation is not so bad.
- B. Explain why she should not be so upset.
- C. Cry with her
- D. Agree that the situation is upsetting



# Listen and Accept Exercise



# Purposes:

- To listen without taking things personally
- To respond with acceptance and understanding.
- To help to listen without fixing things or devaluing emotions.





# Procedures 1:

- **Person 1 who is most emotionally expressive chooses the topic to discuss about which you have argued before.**
- **Person 1 asks Person 2 to just listen to them.**
- **Person 2 listens to Person 1 without offering suggestions or minimizing feelings.**



# Procedures 2:

- Client 2 give eye contact.
- Client 2 can respond acceptingly to feelings ex, that must be difficult, I am sorry that is happening to you.
- Client 1 pushes the envelope getting emotional.
- Client 2 listens but does not attempt to defend to change anything.



# Observations:

- Observe how you feel after expressing your feelings
- Observe how you feel when the other is upset.
- Observe then kinds of things you are tempted to say when feeling deeply.
- Observe how you are tempted to respond when no response other than listening is required.

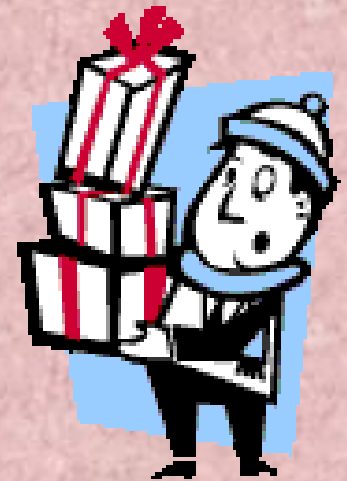
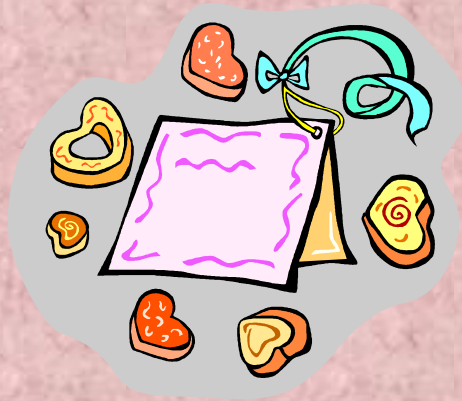


# Scriptural Idea:

- Everyone should be quick to listen, slow to speak and slow to become angry, James 1: 19 NIV

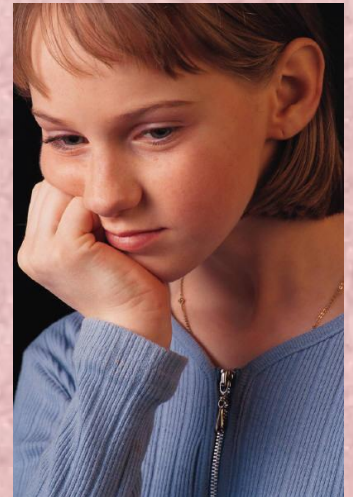


# “Three Gifts” Exercise



# Purposes:

- **To know yourself better.**
- **To know what you have to offer your partner**
- **To let your partner know that you know what they want from you.**



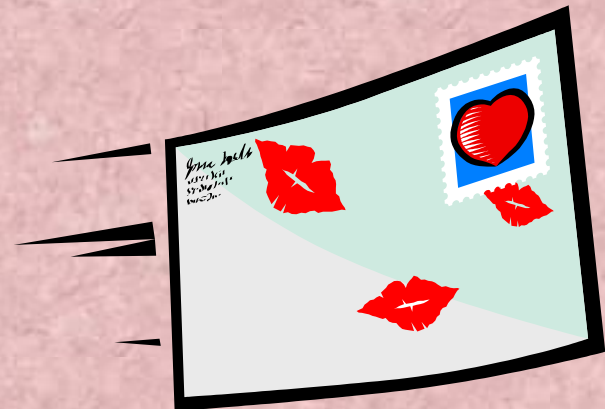
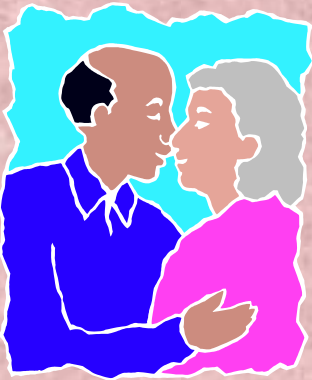
# Procedure:

- **Write 3 things you want to give your partner.**
- **These should be positive and specific:**
- **“I want to greet you with a kiss and a smile when we meet at night”**
- **rather than**
- **“I want to stop being distracted all the time”**
- **which is negative and vague.**



# 3 Gifts

- **Gift #1:** \_\_\_\_\_
- **Gift #2** \_\_\_\_\_
- **Gift #3** \_\_\_\_\_





# Scriptural Idea:

- Command them to do good, to be rich in good deeds, and to be generous and willing to share.  
1 Timothy 6:18 NIV





How do  
you want  
to be  
spoke to?

# How do you want to be told that you have bad breath?





How do you want to be told that you  
are not doing the chores you have  
agreed to do?

How do you  
want to be told  
that you have  
spent too  
much money?





How do you  
want to be  
turned down for  
making love?

# How do you want to be invited to make love?

