



FOLLOW UP QUESTIONS FOR 10-10

Marriage Encounter Online

The WEDS Method

Write your answer to the question for 10 minutes.

Exchange your letters with a kiss. When you get your spouse's letter, read it twice--once for the head, once for the heart.

Dialogue for 10 minutes.

Select the next question.

HDIF - How do I feel...

HDTMMF - How does this make me feel...

1. How am I different since our Marriage Encounter? HDTMMF?
2. HDIF when we do something for someone else as a couple?
3. HDIF when you tell me you need me?
4. What would I like to change about myself?
5. HDIF when I want to be with you and can't?
6. HDIF when I listen to you with my heart?
7. What positive feelings do I have about our relationship as we begin this week?
8. HDIF when I know I have hurt you?
9. HDIF when I'm aware that you have had a bad day?
10. Am I learning to accept you as you are? HDTMMF?
11. What is the nicest thing you have done this week? HDTMMF?
12. HDIF when I know that you are proud of me?
13. HDIF when we go out socially?
14. What one particular thing can I do for you when you are under pressure?
15. HDIF when I see you after a long day?
16. What particular feeling did I have today that I want to share with you?
17. HDIF when you make me smile?
18. HDIF about a quality only you possess?
19. How has our love grown since our marriage? HDTMMF?
20. How has our love grown since our Marriage Encounter? HDTMMF?
21. HDIF when you hug me after a rough day?
22. HDIF after rereading our Marriage Encounter letters?
23. What little thing reminds me of you?
24. In what ways have I become more understanding of your feelings since M.E.?
25. HDIF when we plan things together?
26. HDIF when you leave a note of love where I find it during the day?

27. What amazes me most about our marriage?
28. HDIF when you make a sacrifice for us?
29. HDIF when I make a specific sacrifice for you?
30. In what specific way has our dialogue increased our confidence in each other?
31. What one thing united us most last weekend? HDTMMF?
32. HDIF when we don't dialogue?
33. When do I need your decision to love me the most?
34. What one thing do I want to change about myself to please you?
35. HDIF when you kiss me?
36. HDIF when we pray together?
37. In what way has our non-verbal communication changed since our M.E.?
38. HDIF when one of our children shows one of your qualities?
39. HDIF when we can be honest and open (strip away the masks we wear) with others?
40. HDIF when you touch me?
41. HDIF about us living "God's Plan" for our marriage?
42. How have we grown spiritually as a couple? HDTMMF?
43. HDIF when one of our children says, "I love you"?
44. If we had a free day together I would like to . . .
45. What are my hopes for the future?
46. HDIF when you tell me you love me?
47. HDIF being married to you?
48. How have we grown in unity this week? HDTMMF?
49. How can I best help you to be yourself?
50. HDIF about making love in the morning?
51. HDIF when I've done something to make you happy?
52. In what specific way did I give to an "outsider" today? HDTMMF?
53. HDIF about analyzing my feelings and expressing them?
54. When the going gets rough, I feel better if I . . .
55. When do I miss you the most?
56. HDIF about getting up early in the morning?
57. How can I help you to better understand me?
58. HDIF when you come home in the evening?
59. HDIF when you put your arm around me in public?
60. What did I especially like about you today?

NOTE: Take turns choosing questions for your next 10/10.

