



GUIDELINES FOR DIALOGUE

LISTENING

1. I feel listened to when you (check 2)
 - let me talk
 - agree with what I'm saying
 - let me do what I want to do
 - change your mind
 - let me say anything I want to say
 - don't get angry with me
 - ask questions, and comment on what I'm saying.
2. I believe I'm listening to you when: (check at least 2)
 - I don't interrupt
 - I can repeat what you have just said to me
 - I agree with what you have said
 - I don't agree, but I understand why you are saying it
 - You seem satisfied
 - We settle some problem between us
 - I ask you questions and enter into it with my mind and heart
3. When I know you have listened to me, I feel (describe as fully as possible)
4. What can you do to help me listen better?

GUIDELINES FOR DIALOGUE

1. Express your feelings, not only thoughts or ideas.
2. Avoid making judgments.
3. Be patient with your spouse.
4. Don't be defensive.
5. Don't attempt to problem solve.
6. Trust each other.
7. Listen with your heart, not just with your head.
8. Don't interrupt each other.
9. Own the feeling; that is, don't blame the other for your feelings.
10. Don't argue.



RULES FOR DIALOGUE

- ◆ We can all improve our marriage, because no one is perfect.
- ◆ All problems can be solved if we want to and are willing to work at it. Everything has a remedy.
- ◆ The real solution to mutual problems is always found in sincerity and good will.
- ◆ Mutual trust can develop and grow. One should never be sorry for having placed confidence in another.
- ◆ Never use confidence as a weapon.
- ◆ Man and woman are complementary. Their different points of view are normally both true, but incomplete. They should be recognized as differences, not taken as marks of inferiority.