



## REFLECTING ON SELF

Marriage Encounter Online

Remember that this reflection is for you alone. There will be no Couple Dialogue after it.

Take 20-25 minutes for Personal Reflection (PR)

**Go in peace and write with love!**

### QUESTIONS FOR PR

1. My positive qualities and potentials are (list) . . . .
2. My shortcomings are (list) . . . . .
3. What masks do I wear? How do I feel about that?
4. Am I happy being as I am?

#### NOTE:

In addition to the presentation and the questions above, there is a list of areas to be considered for a fuller Reflection on Self in the Reference Library.

#### **Remember please:**

**There can be no unity without reconciliation;  
There can be no reconciliation without dialogue;  
There can be no dialogue without Reflecting on Self;  
There can be no Reflecting on Self without honesty.**

**Gabriel Calvo**

