



SUBJECTS FOR UNDERSTANDING

Marriage Encounter Online

INSTRUCTIONS: PR = Personal Reflection CD = Couple Dialogue

1. Read through all the Subjects. Underline the Subjects on which you feel most uncomfortable sharing with your spouse; and/or the ones you believe your spouse would like to discuss.
2. Write PR as a love letter on the subjects you underlined, beginning with the most difficult.
3. When you exchange your love letters during CD, read your spouses letter completely, then, reread them one at a time, starting with the ones you both wrote on.

- HEALTH Fatigue, nerves, instability, proper diet, adequate rest and exercise, use of medicine, alcohol, tobacco.
- TIME Choosing priorities and values; time for myself, us, God; time to love, pray, work, rest, dialogue, to be alone together; common pastimes; amount time spent outside the home.
- MONEY Mutual agreement for the use of money. Living within our income. Simplicity, social justice, and charitable use of resources.
- WORK Mutual interest in each other's work; using work as an escape; over-time; being late for dinner, work taking precedence over family; housework.
- REST Needs of husband and wife. Sundays, holidays, vacation, common pastimes.
- INTIMACY Sexual harmony; maleness & femaleness; freedom to discuss; frequency of intercourse: preparation, atmosphere, tenderness; daily expressions of love, mutual satisfaction.
- MARRIAGE Our temperaments, likes and dislikes, hopes, dreams, faults and good qualities, traits, mutual efforts to help each other grow.
- CHILDREN Do I provide a good example? Do I spend time with each child? How do I feel about each child? Do we agree on discipline, their education, career choices, religious training, freedom & responsibility? Are we helping them build self-confidence?
- RELATIVES Amount of time spent with relatives; interference in our marriage by relatives; lack of privacy from relatives.
- RELATIONSHIP WITH GOD Spiritual life, prayer life: personal, couple, family; church attendance; amount of time/money given to church.
- FAMILY Happy? Warm? Any uneasiness; causes? Is there confidence & communication; openness? Community spirit? Church, social, missionary consciousness?
- TALENTS Do we recognize large and small talents in our home? Do we allow them to be used to the best advantage?
- FRIENDS Yours, mine, mutual; too much time with them; effect on our relationship; our social life.
- DEATH My death; your death; death of parents, children: brothers/sisters; others. Provisions for death: will, insurance, arrangements.
- OTHER (Add any topic you wish to discuss that is not listed above.)

