

COUPLE MEMORIES 1

Tell a memory about or involving . . .

Roll 2 dice twice to locate a table cell. First roll is vertical and second roll is horizontal. 12 = you choose a number. Or use a deck of cards where you ignore face cards and the ace is 11. If that "memory" has already been used, use one from any cell touching the cell located. Then, put the words within the cell into the request, "Tell a memory about or involving _____." When a person answers, the other asks curious questions to get to know the partner better, but never to criticize. This process repeats with the other person answering the same question and being asked questions in a curious manner. For the very best results, read the free article "Successful Couple Dialogue" at www.ChurchesReachOut.com.

*The designers, publishers, organizations and persons who gave you this tool cannot be responsible for any specific outcome. Use good judgment. If conflict arises, stop immediately and seek the expert help of a professional counselor or psychotherapist.

	2	3	4	5	6	7	8	9	10	11	
2	your favorite riding toy before grade school	writing something; or a school playground	a time when you made people feel happy	something with a siren; shopping; or singing	a teacher	something you have to be careful with; or dancing	a favorite pet; a smaller child; or something fast	your face; eating; or something sticky	traveling to school; or getting your hair cut	laughing; a mess you made; or money	2
3	something wonderful or something too hot	the most fun party ever; or jumping	a really fun ride; spilling something; or a letter	a most physically painful experience; or fire	recess; playing hide and seek; or a telephone call	something you made; or a friend's parent	flowers; or a performing animal	bullies; something in water; or a special meal	a really important event in your life	a task you didn't want to do; or counting	3
4	a computer; watching TV; or something silly	a school trip; or something strange	a time you felt really bad about something	a grandmother; something confusing; or a ball	a friend who complimented you; or a table game	a brother, sister or cousin; or getting dressed	a time you were sick; or something cold	a friend who helped you with a difficult situation	a wild animal; a trip to the library; or cars	being stubborn; telling stories; or eating breakfast	4
5	a good movie or television program	something you wish could happen again	a scary thing with an animal; a tree; or doing art	a costume; or something you did that helped	a trip to the city or country; or cooking	a school subject you really like(d)	being too hot; going someplace fast; or the sun	a playground place; or a friend of a different race	a surprise; or something dangerous	an uncle; a birthday party; or your bedroom	5
6	a toy that makes you think; a rainy day; or crawling	being alone; or something you did really well	a doll; throwing something; or yummy food	your favorite place to swim; or competing	a windy day; or something done in water	a fantastic place you went; or a natural disaster	someone you liked at school; or Spring	a wish that came true; ice cream; or a farm animal	something that made your mom and dad sad	being too cold; or a time you hurt yourself	6
7	a relative who taught you something	the most fun holiday ever; or staying at a motel	you tried something and failed and it was okay	a schoolyard; or a visit to the doctor	something done in the snow; a park; or laughing	something sharp; or school assemblies	someone who made you laugh; or earning money	something you did that surprised someone	a mistake your mom or dad once made; or a fish	something with a weird shape; or a prize you won	7
8	a funny animal; or a happening at night	a boat; playing an instrument; or a collection	an embarrassing time; or going to the dentist	when you were really angry and lost your temper	a long trip in the car; a loud sound; or the zoo	a photo; hiding; or bragging about something	your bike; a gift you received; or getting hurt	a grandfather; a souvenir you got; or a gift you gave	building something; or something messy	a clown; or a time you forgot something important	8
9	a boat or train ride; Fall; or an advertisement	doing chores; a tool you like to use; or a chair	something funny that you said; or a sports incident	your mother; or a good decision you once made	a book you have read; or your favorite store	something your parents did to enjoy themselves	a friend's favorite toy; or a trick you learned	something fun; or someone important you once met	going to a store; a play house; or going very fast	a garden; fixing something; or a stream	9
10	a not-so-fun game; or something you lost	an aunt; or when you were the center of attention	a dollhouse; making music; or something heavy	a most fun time of your life; or a restaurant	balloons; a time you kept your cool; or Summer	a cartoon; or a time you did something wrong	ice; a sandbox; or having your picture taken	a time you got lost; a flashlight; or spying	your father; or crossing a street or river	watching something; or a friend angry with you	10
11	a friend who did something really funny; or Winter	a strange way you have used food; or furniture	saying something wrong; or a time in bad weather	a favorite piece of clothing; or something scary	a neighbor; or a time when you were too wet	a song you like; a charity you gave money to; or a lie	a secret place; or a friend who surprised you	a very difficult thing you once had to do	a line you stood in; an accident; or being tired	a town you lived in; or a time you were really bored	11

Your Church Name & Other Information Goes Here

Information of your choosing goes here.

(example)

River Bend Community Church

1289 East Willow Road
River Bend, California

www.rbcxchurch.org

(876) 987-XXXX

If you order a license,
this space is blank
so that you can insert
whatever your church wants
in this space.

This space can also be used as
advertising for someone who
wants to pay the expense of this
outreach effort.

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WHAT IS DIALOGUE?

There is probably no finer communication skill than dialogue. Therefore, if you do it, you will build a better and better relationship through understanding and caring.

DIALOGUE IS MERELY ASKING QUESTIONS OF EACH OTHER OUT OF CURIOSITY IN ORDER TO BETTER KNOW AND UNDERSTAND ONE ANOTHER

Dialogue usually means just asking the questions "Why?" and "What do you mean?" over and over again. When you ask a person a "why" question, it usually opens up a bit of new information about him or her. Another "why" question yields a little more. When a "why" question seems hard to think of, then any simple, friendly, non-judgmental question motivated by curiosity is fine.

Such dialogue helps you find out what others really think and feel. It also helps others find out what you really think and feel.

Understanding and accepting other people – deeper and deeper through dialogue – knowing how others think and feel, as well as what they really mean by what they say, creates much better relationships.

GUIDELINES FOR DIALOGUE

For good dialogue, it is important to follow these ground rules:

1. Answer what is true for you. The other person will try to remember what you said so that she or he can better understand you and treat you better.
2. Listen in order to understand the person talking, not to change him or her.
3. No arguing, criticizing or objecting. People hate to be criticized over things they say. They know what they think and feel, and they consider it absurd and insensitive if others think they know these things better.
4. Ask lots of questions (usually "Why?" or "What do you mean?") to clarify what is being communicated. Other clarifying questions can be: "What?" "What for?" "How?" "When?" "How come?" "Where?" "In what way?" "Can you explain?" "Please tell me more."
5. Refrain from giving advice or breaking in with your own contribution.
6. Let people be themselves, even if they give an answer that you do not agree with or like. Instead of objecting or offering criticism, ask the other persons "Why" questions. This will help you clarify what they are saying, what they think and feel about things, and who they are. People will appreciate your efforts to understand them.
7. Avoid conflict. There are no right or wrong answers. There is just what a person says. He or she will appreciate you for asking about and learning from his or her own words.
8. Solve problems only after much dialogue has produced deeper understanding. Dialogue may expose some differences that might have to be solved. Make a note of those you think might need later discussion and problem-solving. During dialogue, do not bring up problems.