

Dialogue: Being One

SESSION TWO



Prayer

*Dear Lord,
you are a God of intimacy
and you call us to grow closer to each other.
Please grant us the graces of
trust, openness, and vulnerability.
Give us both an open heart,
willing to experience
the inner life of the other.
Give us the desire
to know each other
at the deepest level
of our personhood.
We ask this through Jesus, your Son. Amen.*



Share: LISTENING

1. Think about a time when you were ignored or not listened to: what was that experience like?
2. Name one person in your history who you remember as listening well to you and being attentive to you: how do you feel towards that person now?



Session Film: PART 1

Available in the Member Hub or from your mentors. www.SmartLoving.org/Engaged/Member

Dialogue

WITH L.I.F.E.



Concept: EMOTIONS & NEEDS

Communication for intimacy occurs at the levels of emotions and needs

Our **emotions** are ‘symptoms’ of our **needs**:

- Pleasant emotions tell us that an important need is being met.
- Unpleasant emotions tell us that a need is being frustrated.

MY EMOTIONS ARE UNIQUE TO ME

and give me a window into my deepest needs and spiritual desires.

Spending some time in reflection, before you share with your fiancé, allows you to make your gift of self deeper and more meaningful. Reflection is really about self-discovery: you cannot share what you do not know, so knowing yourself is the first step in deepening your intimacy. The L.I.F.E. framework is a simple tool for reflecting on your emotions and describing them clearly.

Give your emotions L.I.F.E!

L = LIST

Scan the list for one or two words which most closely describe your emotion.

I.F. = I FEEL ... OR, I FELT ...

Using the strongest emotion, begin by writing...

"I feel/felt ... (your emotion) ... when ... (etc)"

E = EMBELLISHMENT

Embellish your description using:

a) Intensity: Use words or a scale of 1-10

- “it’s an intense emotion, it totally dominates everything else”
- “I am moderately irritated, about 4 or 5 on the scale”
- Words like mildly, very, utterly, totally, fully, extremely, slightly, a little, overwhelmingly etc.

b) Images: Adjectives and similes build an emotional word picture

- “happy like a daisy on a summer day”
- “anxious like a restless flag in the wind”
- “peaceful like the feeling we had watching the sunrise at the lake”
- “imagine finishing a project that had taken a long time. I feel satisfied, like I’ve really accomplished something”

c) Impact: Physical sensations, effect on your perception, your reaction

- “I feel so excited I can’t sit still, my body is all fidgety.”
- “I felt irritable and so I was cross and critical of the kids.”
- “I was so depressed, everything seemed to be gloomy and I could only see the negative.”

List of Emotions

LOVE	JOY	SURPRISE	FEAR	ANGER	SADNESS
Affectionate	Cheerful	Amazed	Horried	Irritable	Suffering
Fond	Amused	Upset	Alarmed	Aggravated	Agonised
Attracted	Blissful	Astonished	Frightened	Agitated	Anguished
Caring	Gleeful	Awed	Terrified	Annoyed	Tormented
Tender	Jolly	Shocked	Dread	Irked	Depressed
Compassion	Jovial	Startled	Panicked	Grumpy	Despairing
Sentimental	Delighted	Stunned	Hysterical	Cranky	Gloomy
Craving	Glad	Dazed	Nervous	Exasperated	Glum
Aroused	Happy	Overawed	Anxious	Frustrated	Unhappy
Desiring	Jubilant	Astounded	Restless	Enraged	Hopeless
Passion	Elated	Puzzled	Uneasy	Outraged	Grieved
Admiring	Satisfied	Confused	Apprehensive	Furious	Sorrowful
Longing	Ecstatic	Muddled	Worried	Wrathful	Miserable
Sympathy	Euphoric	Perplexed	Concerned	Hostile	Melancholic
Pity	Excited	Baffled	Distressed	Bitter	Disappointed
Merciful	Thrilled	Mystified	Impatient	Resentful	Alienated
Gentle	Exhilarated	Disbelieving	Bored	Resentment	Defeated
Trusting	Contented	Bewildered	Blah	Envious	Dejected
Cherished	Proud	Confounded	Jaded	Jealous	Beaten
Accepted	Pleased	Disturbed	Tired	Revulsion	Insecure
Respected	Triumphant	Pensive	Exhausted	Contemptuous	Isolated
Honoured	Confident	Reflective	Weary	Scorn	Lonely
Valued	Optimistic	Interested	Swamped	Abhorrence	Rejected
Esteemed	Hopeful	Intrigued	Lethargic	Displeased	Wounded
Appreciated	Relieved	Inquisitive	Apathetic	Spiteful	Hurt
Adored	Grateful	Obsessed	Depleted	Loathing	Dismayed
Treasured	Hopeful	Suspenseful	Disillusioned	Cynical	Ashamed
Trusted	Peaceful	Enthused	Stressed	Disillusioned	Embarrassed
Admired	Relaxed	Enthralled	Overcome	Hateful	Humiliated
Supported	Safe	Eager	Drained	Dislike	Guilty
Liked	Secure	Courageous	Unsettled	Vengeful	Regretful
Desirable	Comfortable	Bold	On edge	Antagonistic	Remorse
Wanted	Calm	Determined	Overwhelmed		Mortified
LOVED	SERENITY	CURIOSITY	FATIGUE	DISGUST	SHAME

The Value of Writing

WHEN DESCRIBING EMOTIONS, WRITING IS A VALUABLE TOOL:

- It enables you to become aware of a depth of your emotions with which you would not otherwise get in touch
- It provides time to regain perspective when we are upset
- It helps us to be more open when sharing is difficult
- It avoids the tendency to change what you are going to say if you read a negative reaction on the other's face
- It gives the less verbal person equal time

WORKspace

APPRECIATION: One thing that you appreciate, find attractive, or endearing about your fiancé.

.....

EMOTIONS associated with this question (Refer to the list on the previous page and then tick most significant one).

.....

EMBELLISHMENT:

> **Intensity:** 0...1...2...3...4...5...6...7...8...9...10

> **Images** (adjectives, similies, emotional word picture)

.....

> **Impact** (your physical sensations, your perception, your reaction)

.....

> **Emotional Needs and Spiritual Desires** (Going deeper, what do your emotions tell you about your deepest needs and desires?)

.....



Write: L.I.F.E.

CHOOSE A TOPIC

Separately, choose a question that will help you share your emotions and needs and so practice the L.I.F.E. framework. You don't need to choose the same topic.

- How do I feel when you praise me?
- How do I feel when I see you after we've been separated for a while?
- How do I feel when you give me your full attention?
- How do I feel when you look deeply into my eyes?
- How do I feel when you hold my hand or put your arm around me?

Other

.....

WRITE

1. Separate to write so that you can give full and free expression to your reflection.
2. Use the workspace to reflect on your emotions and needs, beginning with appreciation.
3. Write a **love letter** to your fiancé using your notes to structure it. Start with a loving appreciation, then detail your emotions about the question, embellishing them with intensity, images and impact.

NB: Take care not to blame your fiancé for your emotions. Take full responsibility and ownership for them yourself.



Love Letter

Dotted lines for writing the love letter.

1. UNCLUTTER your mind and heart. Connect with a hug or kiss and sit opposite each other looking into the other's eyes. Breathe deeply and become present to each other. Pray together:

*Lord God,
we pray for openness and trust.
May our words be spoken
with honesty and respect
and may our hearts be ready
to truly hear each other, Amen.*

2. UNDERSTAND. One person reads their letter first (the Speaker) while the other responds (the Listener).

- **Speaker:** Read the letter slowly, allowing the Listener time to absorb what you have said. If it is very long, stop a few times and let the Listener respond before continuing.
- **Listener:** When the Speaker stops or pauses, recount what you have heard: "I hear you say: (reflect back the key emotions expressed). Tell me more about that".
- When the letter has been fully read, the Listener invites the Speaker to go deeper, exploring emotions that are more elusive and the powerful needs and memories that cause them. "Help me understand more about that. Is there something more you'd like to say?"

3. UNITE. The Listener mentally enters into the other's world and recounts the whole message, describing the emotions and the needs experienced by the Speaker.

WHEN A SENSE OF COMMUNION IS REACHED, SWAP ROLES AND DO THE OTHER'S LETTER.



Tools: **FOR DIALOGUE**

L.I.F.E.

- 1. List**
 - Identify 2-4 emotions
 - Choose the strongest/most significant
- 2. I. Feel/felt**
 - Use 'I sentences'
- 3. E.mbellish**
 - Intensity
 - Image
 - Impact
 - Needs - go deeper

EMOTIONAL COMMUNION

- 1. Unclutter**
 - Become present to each other
- 2. Understand**
 - **Speaker:** read slowly and in small chunks
 - **Listener:** reflect back what you hear, listening for meaning between the words: "What I hear you say... Tell me more."
- 3. Unite**
 - Listener recounts the experience of the Speaker in detail

