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Marriage enrichment for Jewish couples

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11. (a) How many facilitators/course trainers does your organisation have ?

_____

(b) Are these professionals employed by the organisation ? Yes/No

(c) How many of these trainers are volunteers ? _____

(d) How many of these trainers are full-time employees ? _____

(e) How many of these trainers are part-time employees ? _____

(f) Are professional or other qualifications required of the trainers ?

Yes/No

If yes, please give details _____

_____

(g) Is any training given to the trainers ? Yes/No

If yes, please give details of the type and extent of training.

_____

_____

12. Do/Did you experience any difficulties in organising or offering the course ? Yes/No

If yes, please elaborate _____

_____

_____

_____

_____

13. General comments :

_____

_____

_____

_____

Thank you for your participation.

P.T.O.

SURVEY OF MARRIAGE ENRICHMENT PROGRAMMES

1. Afrikaanse Christielike Vrouevereniging
2. Apostolic Faith Mission
3. Association of Couples for Marriage Enrichment (ACME)
4. Campus Crusade for Christ
5. Child and Family Welfare Society
6. Christelike Maatskaplike Raad
7. Church of the Province
8. Mrs Ruth de Bruyn
9. Mr and Mrs P van Eeden
10. Family Planning Association
11. FAMSA
12. Methodist Church
13. Dr W Moetert
14. Natalse Vrouevereniging
15. Nederduits-Gereformeerde Kerk
16. Nederduits Hervormde Kerk
17. Ondersteuningsraad
18. Oranje Vrouevereniging
19. P.E.T. Instructors Society
20. Presbyterian Church
21. Roman Catholic Church
22. S A Association for Health Promotion
23. Mrs J Saner
24. Seventh Day Adventist Church
25. Suid-Afrikaanse Vrouefederasie
26. Union of Orthodox Synagogues
27. A Mol

Please supply the name(s) and address(es) and telephone number(s) of any other organisation(s), branches of your own organisation or person(s) who, in your opinion, could also supply information on Marriage Enrichment Courses run in S.A.

Name	Address	Tel. No.
1.		
2.		
3.		
4.		
5.		

HUMAN RELATIONS INSTITUTE

MARRIAGE ENRICHMENT COURSE

REVISION QUESTIONNAIRE COMPLETED BY THE EXPERIMENTAL GROUP

The following questions contain statements concerning possible modes of behaviour in a marriage.

For purposes of completion, the frequency scale reflected below, should be used. As you can see, this scale has FIVE intervals to indicate the frequency of the behaviour ranging from "All the time" to "none of the time".

SCALE			
I	RARELY OR NONE OF THE TIME	-	NT
II	A LITTLE OF THE TIME	-	LT
III	SOMETIMES	-	ST
IV	A GOOD PART OF THE TIME	-	GT
V	MOST OR ALL OF THE TIME	-	AT

e.g. For the question: "How often do you and your wife go skiing together ?

NT LT ST GT AT

The cross indicates that the couple never or hardly ever go skiing together.

START OF THE QUESTIONNAIRE

Read the questions carefully and indicate with a cross over the appropriate letters, the frequency with which these, in your opinion, occur in your marriage.

1.1 In a good marriage appreciation is expressed by the husband and wife mutually receiving from and giving to their partner a feeling of gratitude.

NT LT ST GT AT

1.2 In our marriage, at the present time, appreciation is mutually felt, received and expressed

NT LT ST GT AT

2.1 In a good marriage communication means understanding one's partner's messages

NT IT ST GT AT

2.2 In our marriage I understand my partner's messages

NT IT ST GT AT

2.3 In OUR marriage I think my partner understands my messages

NT IT ST GT AT

3.1 In a good marriage one's partner should be able to 'read one's mind'

NT IT ST GT AT

3.2 In OUR marriage I can 'read my partner's mind'

NT IT ST GT AT

3.3 In OUR marriage my partner can 'read my mind'

NT IT ST GT AT

4.1 In a good marriage it is important to talk 'straight'

NT IT ST GT AT

4.2 in OUR marriage my partner talks 'straight'

NT IT ST GT AT

4.3 In OUR marriage I talk 'straight'

NT IT ST GT AT

SCALE			
I	RARELY OR NONE OF THE TIME	-	NT
II	A LITTLE OF THE TIME	-	IT
III	SOMETIMES	-	ST
IV	A GOOD PART OF THE TIME	-	GT
V	MOST OR ALL OF THE TIME	-	AT

5.1 In a good marriage active listening occurs

NT LT ST GT AT

5.2 In OUR marriage I actively listen to my partner

NT LT ST GT AT

5.3 In OUR marriage my partner actively listens to me

NT LT ST GT AT

6.1 My partner feels that his/her needs are fulfilled overall in our marriage

NT LT ST GT AT

6.2 My needs are fulfilled overall in our marriage

NT LT ST GT AT

7.1 My partner feels that we together are attempting to meet his/her unfulfilled needs

NT LT ST GT AT

7.2 I feel that we together are attempting to meet unfulfilled needs

NT LT ST GT AT

8 I feel that my partner enjoys our sex life

NT LT ST GT AT

9 My sex life is enjoyable

NT LT ST GT AT

10 I feel that our sex life enhances our relationship

NT LT ST GT AT

SCALE			
I	RARELY OR NONE OF THE TIME	-	NT
II	A LITTLE OF THE TIME	-	LT
III	SOMETIMES	-	ST
IV	A GOOD PART OF THE TIME	-	GT
V	MOST OR ALL OF THE TIME	-	AT

11 I feel that spirituality is an important dimension in our marriage

NT IT ST GT AT

12 My partner feels that spirituality is an important dimension in our marriage

NT IT ST GT AT

13 I feel that spirituality should play a more important role in our marriage

NT IT ST GT AT

14 My partner feels that spirituality should play a more important role in our marriage

NT IT ST GT AT

15 I feel that I identify with my religion Zionistically

NT IT ST GT AT

16 I feel that I identify with my religion through the Jewish laws and customs

NT IT ST GT AT

17.1 In <u>a good marriage</u> conflict is present

NT IT ST GT AT

17.2 In <u>OUR</u> marriage conflict is present

NT IT ST GT AT

18.1 In <u>a good marriage</u> , when conflict is present it is constructive

NT IT ST GT AT

18.2 In <u>OUR</u> marriage, when conflict is present, it is constructive

NT IT ST GT AT

19 Do you feel that your marriage differs significantly from the way it was before the December holidays ?

(Please circle the correct answer) YES NO

<u>SCALE</u>			
I	RARELY OR NONE OF THE TIME	-	NT
II	A LITTLE OF THE TIME	-	LT
III	SOMETIMES	-	ST
IV	A GOOD PART OF THE TIME	-	GT
V	MOST OR ALL OF THE TIME	-	AT

Appendix C

UNION OF ORTHODOX SYNAGOGUES OF SOUTH AFRICA

HUMAN RELATIONS INSTITUTE

MARRIAGE ENRICHMENT COURSE

SOCIOGRAPHIC QUESTIONNAIRE COMPLETED BY PARTICIPANTS OF THE MARRIAGE ENRICHMENT COURSES

1. NAME : TITLE : MR/MRS/DR/OTHER _____

SURNAME _____

FIRST NAME(S) _____

2. ADDRESS : _____

_____

_____

3. PHONE NO. (H) _____

(W) _____

4. DATE OF BIRTH _____

5. DATE OF MARRIAGE - YEAR _____ MONTH _____ DAY _____

6. OCCUPATION _____

_____

FOR THE FOLLOWING QUESTIONS PLEASE INDICATE YOUR ANSWER THUS ☐

7. IS THIS YOUR FIRST MARRIAGE ? YES NO

8. INDICATE THE NUMBER OF CHILDREN FROM YOUR PRESENT MARRIAGE

ONE TWO THREE FOUR MORE THAN FOUR, PLEASE INDICATE NUMBER : ____

9. INDICATE THE NUMBER OF CHILDREN FROM PREVIOUS MARRIAGE(S)

ONE TWO THREE FOUR MORE THAN FOUR, PLEASE INDICATE NUMBER : ____

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10. INDICATE THE REASON WHICH MOST CLOSELY CORRESPONDS WITH YOUR FOR ATTENDING A MARRIAGE ENRICHMENT COURSE. IF YOU SELECT (c), PLEASE ELABORATE.

(a) I feel that our relationship is not a good one and want it to improve

(b) I want to build on our already good relationship

(c) Other _____

_____

_____

11. From the times below please indicate when :

(a) It would be convenient for you to attend

(b) It would be inconvenient for you to attend (seven indications should be given)

	(A) CONVENIENT	(B) INCONVENIENT
MONDAY NIGHT		
TUESDAY NIGHT		
WEDNESDAY NIGHT		
THURSDAY NIGHT		
SATURDAY NIGHT		
SUNDAY MORNING		
SUNDAY NIGHT		

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Appendix D

UNION OF ORTHODOX SYNAGOGUES OF SOUTH AFRICA

HUMAN RELATIONS INSTITUTE

MARRIAGE ENRICHMENT COURSE

COURSE EVALUATION COMPLETED BY THE EXPERIMENTAL GROUP

NAME _____

DATE _____

In order to help us maintain high standards, we would appreciate your frank responses to the course.

In answering the questions below, place a cross in one of the blocks :

1 - 2 = poor
3 - 5 = fair
6 - 8 = good
9 - 10 = excellent

1. How did you experience the course 'as a whole' ?

1 2 3 4 5 6 7 8 9 10

_____

2. Compare this course with any similar others you have experienced.

1 2 3 4 5 6 7 8 9 10

_____

3. Did your insight into marriage improve ?

YES _____ NO _____

_____ _____

Please explain

_____

_____

_____

4. Which concepts did you find most interesting ?

_____

_____

_____

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5. Which concepts or session(s) did you find interesting, boring, stimulating, a waste of time ?

6. Rate the method of presentation in general

1 2 3 4 5 6 7 8 9 10

ANY COMMENTS ?

7. Rate your participation in the course

1 2 3 4 5 6 7 8 9 10

ANY COMMENTS ?

8. Comment on any aspects of the course which you found were tedious, boring, uncomfortable, thought provoking, stimulating or fun.

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9. Will you be able to relate better to each other as a result of this course ?

NO _____ A LITTLE _____ A LOT _____ VERY MUCH _____

_____ _____ _____ _____

10. Would you recommend this programme to other couples ?

YES _____ NO _____

_____ _____

For what reasons ?

_____

_____

_____

_____

11. Did the course fulfil your expectations ?

_____

_____

_____

12. Any other comments ?

_____

_____

_____

_____

_____

_____

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INDEX OF MARITAL SATISFACTION (IMS) Today's Date _____

NAME:

This questionnaire is designed to measure the degree of satisfaction you have with your present marriage. It is not a test, so there are no right or wrong answers. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows:

1 Rarely or none of the time
2 A little of the time
3 Sometime
4 A good part of the time
5 Most or all of the time

Please begin.

1. I feel that my partner is affectionate enough _____
2. I feel that my partner treats me badly _____
3. I feel that my partner really cares for me _____
4. I feel that I would not choose the same partner if I had it to do over _____
5. I feel that I can trust my partner _____
6. I feel that our relationship is breaking up _____
7. I feel that my partner doesn't understand me _____
8. I feel that our relationship is a good one _____
9. I feel that ours is a very happy relationship _____
10. I feel that our life together is dull _____
11. I feel that we have a lot of fun together _____
12. I feel that my partner doesn't confide in me _____
13. I feel that ours is a very close relationship _____
14. I feel that I cannot rely on my partner _____
15. I feel that we do not have enough interests in common _____
16. I feel that we manage arguments and disagreements very well _____
17. I feel that we do a good job of managing our finances _____
18. I feel that I should never have married my partner _____
19. I feel that my partner and I get along very well together _____
20. I feel that our relationship is very stable _____
21. I feel that my partner is pleased with me as a sex partner _____
22. I feel that we should do more things together _____
23. I feel that the future looks bright for our relationship _____
24. I feel that our relationship is empty _____
25. I feel there is no excitement in our relationship _____

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1,3,5,8,9,11,13,16,17,19,20,21,23

APPENDIX F: LETTER TO POTENTIAL COURSE PARTICIPANTS - EDENVALE

E D E N V A L E J E W I S H C O M M U N I T Y

Rabbis Residence
67 - 3rd Avenue
EDENVALE
1610

Tel: 609-4429

14 April 1986

Dear Friends

Two years ago I conducted a Marriage Enrichment Course under the auspices of the Federation of Synagogues for members of our Shul. It was run over six sessions and there were a lot of practical exercises to help enhance the relationship between husband and wife. Marriage Enrichment Courses are designed to enrich basically good marriages. It is not for marriages where there are serious problems. At the conclusion of the course couples were asked "Would you recommend this course to your friends?" The answer was 100% in the affirmative.

We have, therefore, once again decided to offer this course to the members of the Edenvale Jewish Community. In order for each couple to get greatest benefit each course is limited to ten couples only. If you are interested in participating why not come to a short introductory meeting with no obligations to find out more on :

Sunday Evening - 27 April 1986

Time : 7.30 p.m.

Venue: Edenvale Synagogue

If you have any enquiries or you cannot attend the meeting but would like to know more, please contact :
WANDA at 648-9136 (mornings only).

Best Regards

p.p. W Sacks

RABBI R HENDLER

APPENDIX G: LETTER TO POTENTIAL COURSE PARTICIPANTS - NORTH EASTERN HEBREW CONGREGATION

FEDERATION OF SYNAGOGUES OF SOUTH AFRICA

Incorporated Association not for gain
בס"ד

24 Raleigh Street
Yeoville
2198
Johannesburg

P.O. Box 27701
Yeoville
2143
Tel 646-9136/7/8/9

18 October 1985

FORTHCOMING EVENT OF ADULT EDUCATION PROGRAMME

A most exciting opportunity is being offered to you as our next event in the Adult Education Programme.

The Human Relations Institute of the Federation of Synagogues is offering Marriage Enrichment Courses to couples with relatively stable healthy marriages. These courses have been run in other Shuls with tremendous success. The course is designed to enrich an already positive marriage and is NOT for anyone with marital problems. The course is divided into six sessions which deal with topics such as :

Appreciation in Marriage
Marital Communication
Needs and Need Fulfilment
Sexuality
Conflict and Conflict Resolution.

After the contents of the meeting on 29 October 1985 a brief introductory presentation will be given by highly qualified Marriage Enrichment Trainers. Couples will then be able to register for the course.

Yours sincerely

Rabbi A. Bokow

RABBI A BOKOW
Rabbi North Eastern Hebrew Congregation

EXERCISE 1 FOR SESSION 2

Each partner is to do the following exercise individually. Do not discuss your responses until you have both completed the exercise.

LISTENING

1. Rate the following statements from 1 - 8 according to which reflects your feeling/belief the most (no. 1) to the least (no. 8) :

1.1 I feel listened to when my husband or wife : RATING

(a) lets me talk
(b) agrees with what I'm saying
(c) lets me do what I want to do
(d) changes his/her mind to agree with me
(e) lets me say anything I want to say
(f) doesn't get angry with me
(g) asks questions, and comments on what I'm saying - even helps me to say it.

1.2 I believe I'm listening to my partner when : RATING

(a) I don't interrupt
(b) I can repeat what he/she has just said to me
(c) I agree with what he/she has said
(d) I don't agree, but I understand why he/she is saying it
(e) he/she seems satisfied after talking
(f) we settle some problem between us
(g) I ask him/her questions and enter into it with my mind and heart

2. When I know my partner has listened to me, I feel (describe your reactions as fully as possible) _____

_____

_____

_____

_____

_____

_____

Now discuss your responses with your partner.

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3. DISCUSS

1. How does your partner show by body language that he/she is listening to you ? _____

2. How does your partner show by body language that he/she isn't listening to you ? _____

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EXERCISE 2 FOR SESSION 2

A HUSBAND/WIFE COMMUNICATION INVENTORY

Instructions : 1. Please answer each question as quickly as you can, according to the way you feel at the moment (not the way you usually feel or felt last week)

2. Please do not consult your partner while completing the inventory. You will have the chance to discuss it with him/her after both of you have completed it.

	Very Frequently	Often	Sometimes	Rarely	Never
1. Does your partner discuss his/her work and interests with you ?					
2. Do you have a tendency to keep your feelings to yourself ?					
3. Does your partner seem to understand your feelings ?					
4. Does it upset you to a great extent when your partner is angry with you ?					
5. Does your partner pay you compliments and say nice things to you ?					
6. Is it hard to understand your partner's feelings and attitudes ?					
7. Is your partner affectionate towards you ?					
8. Does your partner let you finish talking before responding to what you are saying ?					

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	Very Frequently	Often	Sometimes	Rarely	Never
9. Do you and your partner remain silent for long periods when you are angry with one another ?					
10. Does your partner try to lift your spirits when you are depressed or discouraged ?					
11. Do you hide your disagreements with your partner because you are afraid he/she will get angry ?					
12. Do you help your partner understand you by saying what you think, feel and believe ?					
13. Do you find it difficult to express your true feeling to your partner ?					
14. Is it easier to confide in a friend, rather than your partner ?					
15. Do you feel that in most matters your partner knows what you are trying to say ?					
16. Does your partner monopolise the conversation very much ?					
17. Can your partner tell what kind of day you have had without asking ?					

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	Very Frequently	Often	Sometimes	Rarely	Never
18. Do you pretend you are listening to your partner, when actually you are not really listening ?					
19. Do you make a genuine attempt to get away together for a weekend, or even a day or evening ?					
20. How often do you and your partner talk over pleasant things that happen during the day ?					
21. Do you and your partner talk about things in which one of you is specially interested ?					
22. Do you and your partner discuss your sexual relationship ?					

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HOMEWORK FOR SESSION 2

I. Write sentences which express what your wife/husband says typically when he/she is :

1. Angry

2. Happy

3. Sad

4. Frightened

II How do you typically respond to these sentences ?

III How could you respond to the feelings underlying the sentences?

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FEDERATION OF SYNAGOGUES
HUMAN RELATIONS INSTITUTE
MARRIAGE ENRICHMENT
COMMUNICATION EXERCISE IV HOMEWORK

PRACTICAL EXERCISE

LEVELLING

1. Put aside about ten minutes each day to practice levelling on good and bad feelings. Do not spend any more than ten minutes. Do not get into arguments.

2. Each of you think of something the other has done that led to your feeling good. (Yes, good. It's just as important to level on good feelings as bad). When you have an action of your partner's in mind, make up an X-Y-Z levelling statement about it and say it to him or her.

   For example: 'When you helped me clear up last night, even though it was my turn, I felt good'.

   The partner receiving the levelling statement need not respond at all, just listen.

   When you feel more comfortable, and are able to put together an X-Y-Z levelling statement, you can practise levelling in your day-to-day interactions. In the future, look for appropriate chances to level on good feelings.

3. Now, in the same session, each of you think of something the other did recently that led to your feeling bad. When you have it in mind, make up an X-Y-Z statement about it. Be as precise as you can, and keep it brief.

   For example : 'When you were sarcastic towards me in front of our friends, I felt humiliated.'

   At this stage, the partner receiving the levelling message should not reply, just listen (more about this in a minute).

   Be careful to level about a single incident. Even if it's something your partner has done before, or something you think he or she does often, focus on one recent example. He or she will get the message just as clearly, and you avoid the risk of overgeneralizing.

   The X and Y of a levelling statement should be actions and situations that anyone present could have seen, not interpretations or assumptions that only occur in your mind.

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For example :
NOT 'When you tried to make a fool out of me in front of our friends ...'
'When you tried to upset me ...'
'When you accused me ...'
'When you blamed me ...'
'When you tried to hurt me ...'

BUT 'When you said I was incompetent in front of our friends ...'
'When you said that you didn't like what I was wearing ...'
'When you sounded angry when you were asking about the cheque book ...'
'When you looked upset when you spoke about the children ...'
'When you did not speak to me when I said "hallo" ...'

The Z only you can supply, since you are the only person who really knows how you feel, but do make sure it is a feeling, not a thought.

For example :
NOT 'I felt that you were having a go at me'.
BUT 'I felt angry'.

Some people, particularly men, have trouble reporting feelings. Make sure your Z is an emotion. If you follow 'I feel' with 'that' or 'as if', you are probably going to state a thought not a feeling. Feelings can usually be described with one word: you do not need to make a statement.

For example : happy, glad, pleased, important, sexy, joyful, great, good. unhappy, angry, sad, upset, hurt, annoyed, disappointed, frustrated.

Practise making levelling statements until you are sure you can make them, briefly and precisely.

END OF EXERCISE.

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COMMUNICATION EXERCISE
LEVELLING AND LISTENING

Repeat the exercise of each of you levelling to the other about something your partner did that led to your feeling bad. This time, the person receiving the levelling statement should 'parrot' back what was said, for example:

Levelling : When you come home late, without telling me before, I feel angry'.

Listening : 'You said that when I come home late, without telling you before, you feel angry'.

When you can parrot back levelling statements easily, try repeating them in your own words, BUT be careful not to change the meaning. For example :

1. 'When you made the decision to chop the tree down in the garden without consulting me, I felt angry'.

   'You said that, when I made the decision to chop the tree down in the garden without consulting, you felt angry'.

2. 'When you let the children go to the movies alone, I felt annoyed'.

   'You said that when I permitted the children to go to the pictures by themselves, you felt annoyed'.

3. 'When you broke my best china plate, I felt upset'.

   'You felt upset when I broke your best china plate'.

Let your partner be the judge of whether or not he thinks you have heard what he said. If this takes some discussion, that's fine, it means you are trying to understand each other.

'When you smashed our brand new car, I felt disappointed'.

'Me smashing our new car disappointed you, is that right ?'
'Yes.'

You won't always hear your partner correctly the first time. That need not be a problem, nor lead to misunderstanding. It is up to your partner to tell you she doesn't think you heard her correctly. For example :

'When you did not remember my birthday this year, I felt let down.'

'I let you down by not remembering your birthday, is that right ?'

'That wasn't quite what I meant. I meant that when you didn't remember my birthday this year, I felt let down, not that you let me down.'

'So, when I didn't remember your birthday this year, you felt let down.'

If you are having trouble repeating what your partner has said in words that clearly express her meaning, go back and parrot what she has said.

END OF EXERCISE.
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FEDERATION OF SYNAGOGUES
MARRIAGE ENRICHMENT
COMMUNICATION EXERCISE V (HOMEWORK)
USEFUL SENTENCE COMPLETIONS

COMMUNICATION

Communication to me means _____

The hard thing about intimate communication is _____

Sometimes I withdraw from communication when _____

SELF-DISCLOSURE

I am a person who _____

One of the things I'd like people to know about me is _____

When I try to talk bout things that are important to me _____

When I try to express intimate feelings _____

If I were more open about expressing my feelings and opinions _____

When people try to talk intimately with me, sometimes I _____

EXPLORING OBSTACLES TO COMMUNICATION

If I weren't concerned about the listener's response _____

One of the ways I sometimes make it difficult for people to talk to me is

_____

REMEMBERING MOTHER

Mother was always _____

With Mother I often felt _____

Mother often seemed to expect _____

What I wanted from Mother and didn't get was _____

Mother speaks through my voice when I tell myself _____

Mother gave me a view of myself as _____

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REMEMBERING FATHER

Father was always _____

With Father I often felt _____

Father often seemed to expect _____

What I wanted from Father and didn't get was _____

Father speaks through my voice when I tell myself _____

Father gave me a view of myself as _____

THE FAMILY DRAMA

One of the ways I'm still trying to win Mother's approval is _____

One of the ways I'm still trying to win Father's approval is _____

One of the ways I sometimes try to get back at Mother is _____

One of the ways I sometimes try to get back at Father is _____

If Mother saw me making a success of my life _____

If Father saw me making a success of my life _____

I'm becoming aware _____

SELF-SHARING

All my life _____

One of the things I wish my partner understood about me is _____

If the child in me could speak, he/she might say _____

It isn't easy for me to admit _____

If I were willing to be vulnerable _____

If I could be certain I wouldn't be laughed at _____

If I could be certain I wouldn't be condemned _____

If I could admit how lonely I sometimes feel _____

Aloneness to me means _____

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HURT

Sometimes I feel hurt when _____

Sometimes when I'm hurt, I _____

One of the ways I sometimes hide my hurt is _____

One of the ways my hurt comes out is _____

If I ever fully admitted when I feel hurt _____

A better way to deal with my hurt might be _____

FEAR

Sometimes I feel afraid when _____

Sometimes when I'm afraid, I _____

One of the ways I sometimes hide my fear is _____

One of the ways my fear comes out is _____

If I ever fully admitted when I feel afraid _____

A better way to deal with my fear might be _____

FEELING THREATENED

Sometimes I feel threatened when _____

Sometimes when I feel threatened, I _____

If I were willing to look clearly at the things that threaten me _____

_____

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ANGER

Sometimes I feel angry when _____

Sometimes when I'm angry, I _____

One of the ways I hide my anger is _____

One of the ways my anger comes out is _____

If I ever full admitted when I feel angry _____

A better way to deal with my anger might be _____

HAPPINESS

Sometimes I feel happy when _____

Sometimes when I'm happy, I _____

One of the ways I sometimes hide my happiness is _____

One of the ways my happiness comes out is _____

If I ever fully admitted when I feel happy _____

A better way to deal with my happiness might be _____

THREE STEMS FOR PEOPLE IN RELATIONSHIPS

Sometimes Mother speaks through my voice when I tell my partner _____

_____

Sometimes Father speaks through my voice when I tell my partner _____

_____

If I could separate my voice from my parents _____

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SELF-ACCEPTANCE

If I allowed myself just to enjoy who I am _____

_____

If I can accept whatever I have said without self-blame or self-criticism

_____

As I grow more comfortable with accepting my own feelings _____

As I grow more comfortable with expressing m,y inner thoughts _____

APPRECIATION AND UNDERSTANDING

One of the things I would like to be valued and appreciated for is _____

_____

One of the things I wish my partner understood about me is _____

_____

One of the things I appreciate about my partner is _____

One of the qualities that first attracted me to my partner was _____

I feel loved and appreciated by my partner when _____

I feel especially happy with my partner when _____

If I were to communicate all of this to my partner _____

I am becoming aware _____

STEMS FOR COUPLES AND FRIENDS

One of the things I appreciate about you is _____

One of the qualities that first attracted me to you was _____

I feel loved and appreciated by you when you _____

As I express these thoughts and feelings to you _____

As I sit here listening to you _____

I feel invisible when you _____

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I might feel more visible if you would _____

One of the things I would like you to value and appreciate about me is _____

_____

One of the things I wish you better understood about me is _____

Sometimes I withhold expressions of appreciation when _____

The good thing about allowing you to feel invisible and unappreciated is _____

_____

If I were to make you feel more visible and appreciated _____

By keeping you uncertain as to my feelings about you, I _____

By causing you to wonder if I really love you, I _____

If I were more willing to let you see how much you matter to me _____

_____

If I were more willing to allow you to know what I love about you _____

_____

MONEY

Money, to me, means _____

When I complain about your attitude toward money, what I am really trying to say is _____

It might be easier for us to agree about money if only you would _____

_____

If I were to respect your preferences about spending as much as I respect my own _____

Maybe I would feel differently about money if only _____

Sometimes when we fight about money, what I thi s are really trying to tell each other is _____ _____

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ADDITIONAL STEMS FOR COUPLES

One of the ways I sometimes hurt you is _____

One of the ways I sometimes make you angry is _____

One of the ways I sometimes frustrate you is _____

One of the ways I sometimes make it difficult for you to love me is _____

_____

One of the ways I sometimes make it difficult for you to give me what I want is _____

Adapted from

'If You Could Hear What I Cannot Say, Learning to Communicate with The Ones You Love;'
Branden, N (Dr), Bantam Books, 1983

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EXERCISE USED IN SESSION 3

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SELF-OTHER FULFILMENT CHECKLIST *

the purpose of this exercise is discussion of mutual need-satisfaction within your marriage.

Instructions :

1. Discuss each of the "basic needs" in terms of how each need is fulfilled in your marriage for you and your partner. Do you feel fulfilled or need greater fulfilment in any of the basic needs ? And your partner ?

2. After discussion, together mark the columns which apply to your marriage. Together plan specific steps of action by which one need of each partner will be attempted to be met more fully. The need-area to be worked on may be the same for both partners or a different need-area for each of the partners may be chosen.

BASIC NEEDS	Wife Feels Fulfilled	Wife Needs Greater Fulfilment	Husband Feels Fulfilled	Husband Needs Greater Fulfilment	Wife & Husband's Plan of action to increase fulfilment in one area for husband and one area for wife
Love (knowing the other cares - deeply, warmly, and dependably)					
Security (feeling of acceptance and belonging)					
Limits (the need for responsibility, dependable routines, respect for reality and the rights of others)					
Freedom (the need for autonomy, privacy, respect for differences)					

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SELF-OTHER FULFILMENT CHECKLIST * (cont)

BASIC NEEDS	Wife Feels Ful-filled	Wife Needs Greater Ful-fil-ment	Husband Feels Ful-filled	Husband Needs Greater Ful-fil-ment	Wife & Husband's Plan of action to increase ful-filment in one area for husband and one area for wife
Esteem (feeling valued, recognised, affirmed by the other)					
Spirituality/Faith (the need for a philo-sophy of life, for values and trust in G-D and for active commitment)					
Service (giving love to thers, investing one's life, ahavat Yisroel, community commitment and care)					
Enjoyment (intellectual, family, recreational, sexual, aesthetic, spiritual)					

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Arising our of the 'Self-other fulfilment Check-list', we made the following plans :

Need area(s) to be worked on :

Plans :

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EXERCISE USED IN SESSION 3 ON INTIMACY

INSTRUCTIONS

Discuss each of the facets on [illegible] by.

Then together mark the columns which apply.

Now plan specific steps of action for those facets requiring attention. Decide on priorities and BEGIN ACTION !

FACETS OF INTIMACY		Both desire improvement	Wife only desires improvement	Wife only satisfied	Husband only desires improvement	Husband only satisfied	Both satisfied	Plan of action where necessary
EMOTIONAL								
INTELLECTUAL								
CREATIVE (share acts of creating together: help partner grow)								
ECONOMIC								
RECREATIONAL								
SPIRITUAL								
SOCIAL								

INTIMACY is the opposite of isolation and loneliness. It means experiencing closeness, warmth, friendship, kindness and love. Intimacy grows in a marriage when a couple are (a) open with each other (b) emotionally present with each other (c) caring to a high degree with each other.

FACETS OF INTIMACY		Both desire improvement	Wife only desires improvement	Wife only satisfied	Husband only desires improvement	Husband only satisfied	Both satisfied		Plan of action where necessary
SEXUAL									
AESTHETIC (sharing experiences of beauty)									
WORK (sharing common tasks)									
CRISES (closeness in coping with problems and pain)									
CONFLICT (facing and struggling with differences)									
COMMITMENT									
COMMUNICATION (source of all types of true intimacy)									

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EXERCISE USED IN SESSION 4

JEWISH SEXUALITY

Complete the following phrases :

1. In our sexual relationship, I am satisfied when you

_____

_____

_____

_____

2. In our sexual relationship, I do not like it when

_____

_____

_____

_____

3. In our sexual relationship I wish you would

_____

_____

_____

_____

NOTE :

1. Both partners are to complete the phrases as fully as they wish.

2. Remember, when communicating about the delicate area of sexuality, to bear in mind what you have learnt in previous sessions about positive, effective communication and about conflict resolution.

SESSION 5 : HOMEWORK

MARRIAGE

1. What are your main goals in your marriage ?
2. What is your description of potential ideal behaviour on your part in marriage ?
3. (with no.2) In what ways do you live up to that ideal and in what ways can you improve ?
4. What are the main influences on you as regards your ideas about marriage and the roles of a husband and wife ?
5. Do you work hard at being a good husband or wife ? Does your spouse think that you work hard at being a good husband or wife ?
6. What are the ways that you have benefited from being married to your spouse ? In what ways do you express your appreciation for all that you have benefited ?
7. What five traits of your spouse do you admire ?
8. Is your home life harmonious ? If not, what can you do to make it harmonious ?
9. In what ways do you engage in needless bickering ? What would eliminate the bickering ?
10. In what ways are your family and the family of your spouse similar ? In what ways are they different ? How does this affect your marriage ?
11. Do you feel you understand your spouse ?
12. Do you think your spouse feels you understand him or her ?
13. What can you do to try have greater understanding of your spouse ?
14. Do you tend to bring out the best qualities of your spouse or the worst ? If you bring out the worst qualities, what can you do to bring out the best qualities ?
15. In what ways do you show respect to your spouse ?
16. In what ways do you fail to show respect to your spouse ?
17. In what ways are you considerate of your spouse ?
18. In what ways do you lack consideration for your spouse ?
19. In what ways do you show tolerance towards your spouse ?
20. In what ways do you lack tolerance towards your spouse ?
21. Is your main focus in your marriage on giving or taking ? If your focus is on taking, what can you do to be more giving ?
22. Is your main focus on what is right with your marriage or on what is wrong ? If you focus more on what is wrong, are you willing to write a list of all that is right ?
23. Is your main focus on how you can improve or on how your spouse can improve ?
24. When things go wrong in your home, is your main focus on making corrections or do you try to blame your spouse and say that it was his or her fault ? If you tend to be blaming, how could you gain if you focused on solutions ?
25. Does your spouse hear more pessimistic statements from you or optimistic statements ?
26. When your spouse comes home fatigued, do you give him or her time to unwind before you make any demands ?
27. Are you sensitive to your spouse's need for peace and quiet at times ?

28. When you appreciate something your spouse has done, do you assume that your spouse realises that you appreciate it or are you careful to verbally express your appreciation ?
29. When you make requests of your spouse, are you careful to be as polite as you would be to a stranger ?
30. If your spouse makes a bad mistake, do you continuously remember it and remind him or her about it, or do you live in the present and try to make the most of your present moments ?
31. If you agree to do something your spouse wants you to do even though you would prefer not to do it, do you do it in a cheerful manner or in a grumbling manner ? If you grumble, in what ways is your grumbling counterproductive ?
32. Are you careful not to criticise your spouse in the presence of your children and other people ?
33. When your spouse is upset, is what you say usually beneficial or not (ask your spouse) ? It it is not beneficial, what can you do to improve in this area ?
34. If your spouse is in a bad mood, do you respond in a negative manner, or do you make a special effort to behave in a positive manner in order to have a positive influence on your spouse ?
35. If out of frustration your spouse insults you, do you disregard the verbal level and understand the underlying message is a request for understanding and empathy ?
36. Do economic difficulties bring you and your spouse closer together or do they cause friction ?
37. In what ways do you make your spouse feel important ?
38. In what ways do you make your spouse feel good ?
39. In what ways do you make your spouse feel bad ?
40. In what ways do you provide emotional support for your spouse ?
41. In what ways do you encourage your spouse ?
42. Are you satisfied with the level of communication in your marriage ? If not, what can you do to improve communication ?
43. What pleasant ways do you use to communicate to your spouse that you are displeased with something ?
44. What tone of voice does your spouse appreciate ?
45. What tone of voice of yours causes your spouse suffering or irritation ?
46. Are you able to express your inner feelings to your spouse ? If not, what prevents you ? What would enable you to do so ?
47. When you communicate with your spouse, do you mentally formulate the outcome you wish and check if your way of communicating is or is not getting you that outcome ?
48. If you are not satisfied with something your spouse has done, do you remain silent but inwardly feel resentment ? If yes, how can you express your dissatisfaction in a manner that will not hurt your spouse's feelings yet will be effective ?
49. Do you refuse to talk about topics that your spouse feels are important to talk about ?
50. Do you ever use refusal to communicate as a means of manipulating your spouse ?
51. In what areas do you have disagreements ?
52. How do you and your spouse settle your disagreements ?
53. What can you do to improve the way you settle disagreements ?
54. How many hours of your short life span would you like to waste away having negative and painful arguments and quarrels with your spouse ?55. When disagreements arise, do you keep the argument going by arguing who is right and who is wrong, or do you search for solutions that will be acceptable to both parties ?

56. When have you and your spouse reached a superior adjustment by compromise rather than by one partner or the other being submissive ?
57. If you and your spouse quarrel, do you realise that frequently both of you are right from your own points of view and wrong from the other's point of view ?
58. Are you careful to attack your problems and not each other when differences arise ?
59. When you argue with your spouse, are you careful to keep the argument focused only on the issue at hand or do you tend to expand the argument by including past complaints and potential future problems ?
60. What behaviours do you do that annoy your spouse ?
61. What do you fail to do that your spouse would appreciate if you did ?
62. In what ways do you intentionally or unintentionally insult your spouse ?
63. In what ways are you excessively critical of your spouse ? Does your spouse think you are very critical even if you do not think so ?
64. In what ways does your being critical about trivial matters breed arguments and quarrels thereby causing you more difficulties than the original thing you were critical about ?
65. In what ways do you needlessly provoke arguments ?
66. In what ways do you cause difficulties by saying things that would have been better left unsaid ?
67. Do you ever let resentments about the past prevent you from doing positive things for your spouse in the present thereby missing opportunities to improve you marriage ?
68. What might you be doing that decreases your spouse's incentive to be supportive of you ?
69. When things go well between you and your spouse, do you ever needlessly create problems by recalling incidents or periods of time when things did not go so well ?
70. When you want your spouse to change, what counterproductive strategies do you use ? What beneficial strategies do you use ?
71. In what ways do you use blaming as a means of keeping a distance from your spouse ?
72. When your spouse gets angry at you, what counterproductive things do you do ?
73. When your spouse gets angry at you, what beneficial things do you do ?
74. When, if ever, do you use withholding approval and acceptance as a means of causing your spouse discomfort ?
75. (with no. 74) What do you personally lose out by this ?
76. In what ways do you use guilt as a means of manipulating your spouse ?
77. Do you ever use tears or temper tantrums as a means of manipulating your spouse ?
78. When do you inappropriately feel resentment toward your spouse for being fatigued when he or she has worked hard at doing things for the entire family ?
79. In what ways do you cause yourself and your spouse needless pain by overexaggerating the negativity of minor things your spouse fails to do ?
80. In what ways do unrealistic ideas about marriage cause you unnecessary frustration ?
81. Do you cause yourself unnecessary frustration by making comparisons ?
82. Do you have an unrealistic demand that your spouse should be exactly like you ? If yes, what difficulties does this cause ?
83. In what ways do you try to pressure your spouse to become something he or she is not ?
84. Do you unrealistically expect your spouse to be a mind reader, that is, to know exactly what you want without you having to express in words what you want ? If yes, how does this attitude cause you needless frustration and arguments ?

85. Do you have any of the following fears in your marriage : (a) fear of not being appreciated : (b) fear of being neglected : (c) fear of being dominated : (d) fear of being abused : (e) fear of being humiliated ? If yes, what solutions can you think of ? If you are not able to find a solution yourself, whom can you consult ?
86. What do you do that reinforces behaviours that you do not like ?
87. What are the main things you wish your spouse would do to improve your marriage ?
88. What are positive ways you can motivate your spouse to want to make improvements ?
89. Are there things that you would like to say to your spouse to improve your marriage that you have not said ? What would happen if you did say those things ?
90. When things are not going so well between you and your spouse, do you recall memories of when things did go well and through this gain encouragement for the future ?
91. What self-defeating patterns do you see in your marriage ?
92. (with no.91). What can you do to stop those self-defeating patterns ?
93. What are twenty things your spouse likes ?
94. What are twenty things your spouse dislikes ?
95. (with nos. 93 and 94) How can you utilise your knowledge to improve your marriage ?
96. When will you experiment for an entire week to focus only on the positive aspects of your marriage ?
97. If you tend to take what you spouse does for you for granted, do you make a list of all that he or she has done for you from the time you got married until the present and reread it frequently ?
98. In what ways can you express greater appreciation for the positive things your spouse does ?
99. Are you willing to go for an entire week without criticising your spouse and only expressing appreciation ?
100. If you tend to be fault-finding, can you make a resolution that every day for an entire week you will say at least twenty positive comments ?
101. Do you have a written list of the good qualities of your spouse ?
102. How can you view the differences between you and your spouse as opportunities for growth ?
103. If someone would offer you enough money to live in great wealth your entire life if you would do five major things to improve your marriage, what five things that you find difficult would you do ?
104. At this present moment, what kind comments can you think of saying to your spouse the next time you speak ?
105. Even if your marriage is going well, what can you do to improve the quality of your marriage ?
106. When you read these questions, did you focus on how they apply to you or on how they apply to your spouse ? If you have focused on how they apply to your spouse, are you willing to read them again, this time focusing on how they apply to you ?
107. Do you keep asking yourself. "What can I do to improve my marriage ?"?

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EXERCISE FOR SESSION 5

JEWISH GOAL SETTING

1. Each of you discuss what your present goals are for your family. Include your goals related to the role of Judaism in your family.

2. (a) Discuss the extent to which these goals are being realised in your family at present.

(b) Discuss the reasons why there may be disparity or conflict between your goals and their realisation.

3. Decide together on one goal for the family which will enhance the family through the application of an aspect of Judaism. Make tangible plans how to institute this aspect of Judaism into your home.

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APPENDIX H-5

EXERCISE FOR SESSION 6

CONFLICT AND CONFLICT RESOLUTION

EXERCISE 7

QUICK QUIZ ABOUT CONTROVERSY

Check the one idea in each pair which seems closer to your own typical approach in dealing with controversy. Do not think too hard - check the statement which best describes your response.
Each do this individually.

1 (a) If you can't say anything nice, don't say anything at all.
(b) If anything is eating you, out with it.

2 (a) One harsh word leads to another.
(b) Emotional honesty is the basis for marriage.

3 (a) There are some things which are better not discussed.
(b) Let it all out ! It helps to get things off your chest.

4 (a) Better safe than sorry.
(b) Come on. Let me have it straight. What's wrong ? We can take it.

5 (a) A battle ignored is a battle won.
(b) The truth will win out, so let's face it.

NOW DISCUSS YOUR RESPONSES

EXERCISE II USED IN SESSION 6

CONFLICT AND CONFLICT RESOLUTION

ANALYSING YOUR OWN BAD FEELINGS

You need to begin by challenging the idea that there is something wrong with feeling bad. Give yourself permission to be human and feel bad sometimes. recognise that in all relationships, no matter how good the relationship is, you will at times feel bad.

Second, notice that feeling bad does not lead to disastrous consequences, you just feel bad. Ask yourself how often in the last week you have felt bad. Do you still have two arms, two legs, head ? Are you still able to make friends, work, pursue hobbies ? The worst thing about feeling bad is that you feel bad. It is not the end of the world.

Sit down with a piece of paper and pen. Spend time writing out what YOU do when you are angry, upset, hurt, disappointed, sad. How do you feel physically : tense in the stomach, clenched teeth, tensed muscles ? How do you behave : yell, sulk, work furiously, shut yourself off from others, pick on your partner ? This exercise may not be all that easy. You may be very practised at ignoring how you feel.

EXAMPLES

1. DAY	SITUATION	FEELING	THOUGHTS	REACTION
Tues	Louise forgot to post an important letter		She did that on purpose. She never remembers to do things for me	Left house and slammed door
Fri	Louise was late for our dinner engagement	Frustrated, hurt	Why can't she be on time ? She is always late	Sulked at dinner
Sun	Louise did not consider my feelings	Upset	She is always selfish and only thinks of herself	Refused to play tennis with her
Mon	Bad day at the office	Tired	She gets on my nerves. Can't she see that I am tired	Snapped at Louise

2. ANOTHER EXAMPLE

1. DAY	SITUATION	FEELING	THOUGHTS	REACTION
Thurs	Greg drove over rubbish bin	Annoyed	That fool, he never watches where he is going	Yelled at Greg
Fri	Greg didn't notice the special meal I cooked	Upset	What does he think I am? He treats me like a slave	Withdrew
Sat	Still felt bad after last night	Hurt	Sometimes I just feel like giving up. Why do I bother ?	Moped around all morning

Adapted from Living and Loving Together : Montgomery B and Evans L. Nelson Publishers.

EXERCISE III

QUICK QUIZ ABOUT FIGHTING

Each do this exercise individually.

1. The reason I fight is (choose two) :

(a) to clear the air
(b) to get my partner to listen
(c) we're so different
(d) making up is so nice
(e) the pressure piles up
(f) I want attention
(g) we can't agree
(h) I want something very much
(i) I have a short temper
(j) my partner starts it

2. The worst things about our fights is (choose two) :

(a) name calling
(b) bringing up the past
(c) never finishing them
(d) we both find it hard to apologise
(e) my partner brings up the past
(f) I always lose
(g) they are so frequent
(h) they last too long

3. When a fight is in the offing, I wish (describe in detail)

NOW DISCUSS YOUR RESPONSES

EXERCISE III

DISCUSS

1. What do you dislike most about yourself when you are fighting ?

2. What do you dislike most about your partner when you're fighting ?

3. What are some of the good things your fighting has accomplished ?

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EXERCISE IV

Each do this individually.

RESOLVING CONFLICT

1. I am hurt most when my partner (choose three) :

(a) pays more attention to the job than to me
(b) puts the kids first
(c) is careless about money
(d) doesn't keep up his/her appearance
(e) embarrasses me publicly
(f) does all the talking
(g) leaves everything to me
(h) doesn't listen to me
(i) goes out too much
(j) doesn't give me any peace
(k) withdraws from sex

When I am hurt I (choose two) :

(a) withdraw from my partner
(b) do something to hurt him/her
(c) get angry at him/her
(d) play the "martyr"
(e) talk it out gently
(f) get in a mood
(g) keep myself busy
(h) any other .....

3. The time I most remember my partner resolving a hurt between us was (describe fully)

NOW DISCUSS YOUR RESPONSES.

DISCUSS

1. When I am hurt, I would appreciate it if you would (go into detail)
2. When my partner is hurt, I would appreciate it if (go into detail)

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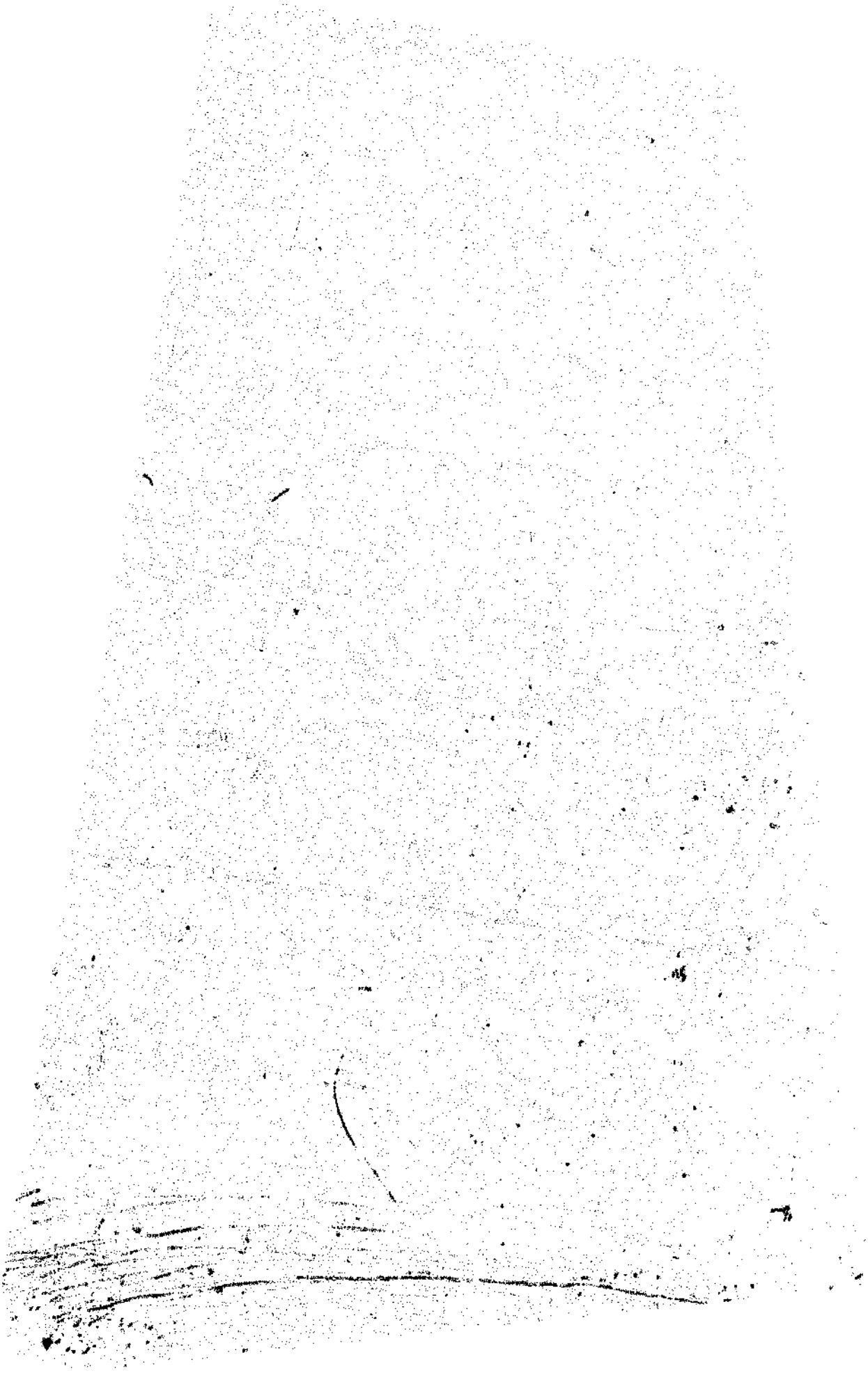

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