



## Encounter with Self

# Who Do You Think I Am?

**Purpose of Presentation:** To review, evaluate and understand our self image as it is mirrored to us through our spouse. How we see ourself is related to how we think our spouse sees us.

So many times we form an opinion of how we think our spouse views us. We react to this opinion even though it may not be at all how our spouse really sees us. These judgments affect our self image.

### Preparation for Meeting By Presenting Couple

**Method:** In preparing this talk it is important to dialog on the following questions. It will help you put your talk together. Remember to concentrate on feelings.

1. How do I feel about myself?
2. How do I feel about you?
3. How does the way I think you feel about me affect the way I feel about myself?

These questions may be phoned to the couples in your image group one week before the meeting.

Use the following outline in preparation of your image talk. Your own feelings and examples discovered in dialog will make your talk real. A suggested time of 20 minutes for your talk is a good limitation.

## The Meeting

**Dialog and Sharing Question:** "Who do I feel my spouse thinks I am?" "How does this affect the way I feel about myself?" Sharing could be done on the second part of the question.

**Suggested Scripture Reading:** Psalm 139. Before reading, remind your group to be thinking "How does this Scripture make me feel? What is it saying to me? Allow time for group to share feelings.

### Outline of Talk

#### I. Introduction (2 min. each)

- A. Read "Purpose" as stated above. It can be read and then put into your own thoughts and feelings. Husband and wife can both give their feelings on what they think the purpose means to them. *"As Bread is Broken"* by Van Breeman, Chapter 1, Page 9.

#### II. Body (5 min. each)

- A. What is my self image? How do I really feel about myself?

- B. How do I feel about myself now in comparison to the way I felt about myself a month ago?

- C. Do my positive feelings about myself affect my relationship with

1. my spouse
2. my family
3. my friends
4. others

- D. Do my negative feelings about myself affect my relationship with

1. my spouse
2. my family
3. my friends
4. others

- E. How do I think my spouse feels about me?

- F. Does the way my spouse feels about me affect my self image? Give personal examples of both negative and positive feelings.

- G. Do I know myself?

1. Does the way I think about myself affect those around me?

2. Does the way I see myself affect the way I think my spouse sees me?

- H. Give personal example or personal dialog on the following. (If you feel comfortable in sharing some of your written reflection and dialog, this is a good place to do so.) By sharing your reflection and dialog you will be able to show the comparison on the following two questions:

1. How do I feel about who I think I am?

2. How do I feel about my interpretation of who you think I am?

#### III. Conclusion (4 min. each)

- A. How can we increase our awareness of each other and discover our true feelings about each other?

- B. What are examples of personal growth due to better self appreciation and better understanding of myself through dialog?