

Transformed in *Love*



Building Your
Catholic Marriage

Leader and Team Manual

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Instructional Slides on DVD

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Natural Family Planning statistics for slide no. 25 of Topic 11 have been compiled from the following method-specific efficacy studies:

Arevalo, M., Jennings, et al., "Efficacy of a New Method of Family Planning: the Standard Day Method," *Contraception*, 65 (2002): 333–338.

Arevalo M. Jennings, et al., "Efficacy of the New TwoDay Method of Family Planning," *Fertility and Sterility*, 2004;82:885–892.

Fehring, R. J., et al., "Efficacy of Cervical Mucus Observations Plus Electronic Hormonal Fertility Monitoring as a Method of Natural Family Planning," *Journal of Obstetric, Gynecological, and Neonatal Nursing*, 2007; 36:152–160.

Frank-Hermann, P., et al., "The Effectiveness of a Fertility Awareness Based Method to Avoid Pregnancy in Relation to a Couple's Sexual Behavior During the Fertile Time: A Prospective Longitudinal Study," *Human Reproduction*, 2007; 22:1310–1319.

J. Trussell and L. Grummer-Strawn, "Contraceptive Failure of the Ovulation Method of Periodic Abstinence," *Family Planning Perspectives*, 22 (1990): 65–75.

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TOPIC 1

Self-Knowledge

Who Am I? Who Are You? We Are the Builders



Length: 75 minutes

Goals

1. To help the engaged couples deepen their knowledge of self and of their future spouse in order to be better able to give themselves in marriage.
2. To encourage:
 - a) *on-going self-discovery*,
 - b) *acceptance of differences*, and
 - c) *growth in virtue* in order to improve self and love one another throughout marriage.

Recommended Presenter

Any team member, individual, or couple.

Presenter Objectives

1. Present the importance of self-knowledge and maturity in being able to give oneself in marriage.
2. Introduce the concepts of nature, nurture, and true self.
3. Teach the four temperaments.
4. Share their understanding of their own temperament and the benefit of this knowledge.
5. Discuss family of origin influences.
6. Define and explain virtues.
7. Discuss the importance of growth in virtue as a means of growing together in love.
8. Explain the concept of true self.

Engaged Couple Objectives

1. Learn the importance of self-knowledge and maturity in being able to give oneself in marriage.
2. Learn about the four temperaments and identify their own temperament.
3. Examine their family of origin.
4. Learn the importance of growth in virtue for marriage and family life.
5. Grow in their appreciation of differences as a source of strength in their relationship.
6. Discuss their temperaments and family of origin.

Materials


1. Computer and projector, TV and DVD player, or dry erase board.
2. Slide presentation, DVD, or dry erase markers.

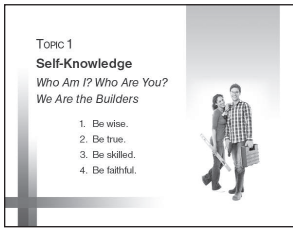
Tips for This Topic


1. This topic may be presented by an individual or couple with no previous exposure to temperament theory. If this is the case, presenters may want to both learn more and/or take a longer inventory than provided in the workbook in order to better understand their own temperament. A good resource is *The Temperament God Gave You: The Classic Key to Knowing Yourself, Getting Along with Others, and Growing Closer to the Lord* by Art and Laraine Bennett (Sophia Institute Press, 2005).
2. Avoid recommending other types of personality assessments such as the Meyers Briggs Type Indicator, Keirsey Temperament Sorter, the Enneagram, online inventories, etc. Some of these, or others you know about, may not support Catholic principles and values and should not be recommended through this program.

GENERAL OVERVIEW					
Length	Type	Segment	TM pg no.	WB pg no.	Slide no.
00:01:00	Presentation	Introduction	92	5	1
00:01:00	Presentation	Scripture	93	5	2
00:02:00	Presentation	Who am I?	93	6	3
00:02:00	Presentation	Nature: Temperament theory introduction	94	7	4
00:08:00	Activity	Temperament inventory	95	10	No slide
00:08:00	Presentation	Four temperaments	96	7	5–8
00:04:00	Witness	Temperaments	101	—	9
00:02:00	Presentation	Exploring nurture	102	8	10
00:08:00	Presentation	Family of origin	102	8	11, 12
00:08:00	Activity	Family of origin inventory	104	11	No slide
00:08:00	Presentation	Virtues and vices	105	8	13
00:04:00	Witness	Virtues and vices	106	—	No slide
00:01:00	Presentation	True self	107	9	14
00:01:00	Presentation	Conclusion	107	9	15
00:17:00	Activity	Blueprint and activity	108	169, 170	16
75 minutes total time					
00:34:00	Presentation time				
00:08:00	Witness time				
00:33:00	Activity time				

INTRODUCTION

 1 minute



STEP 1:  **CLICK** on slide 1 or write on the board:
Self-Knowledge: Who Am I? Who Are You?

STEP 2: Introduce yourself. Follow instructions on page 41.


STEP 3: Introduce the topic in reference to the house metaphor.


- ❖ Just as constructing a house requires builders, so too marriage requires builders.
- ❖ You are the builders of your marriage and family, the ones who, together with God, will establish and build your new life.

STEP 4: Introduce the goals of the topic in reference to the four aspects of preparation.

- ❖ This topic will help us to *be wise, true, and skilled*.
- ❖ *Be wise* and *be true*: To help you deepen your knowledge of self and of your future spouse as you prepare to give yourselves to one another in marriage.
- ❖ *Be wise* and *be skilled*: To encourage:
 - a. on-going self-discovery,
 - b. acceptance of differences, and
 - c. growth in virtue in order to improve self and love one another throughout your marriage.
- ❖ Marriage requires spouses to give themselves completely to one another.
- ❖ We cannot give what we don't have.
- ❖ We have to know who we are in order to give ourselves to each other.
- ❖ This requires maturity, self-knowledge, and knowledge of the other.
- ❖ This topic will deepen your knowledge of self and of your fiancé/e.

SCRIPTURE

 1 minute

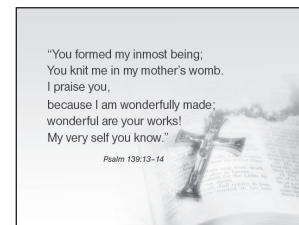
STEP 1:  **CLICK** on slide 2 or direct couples to follow on page 5 in their workbooks.

STEP 2: Read the Scripture passage aloud.


“You formed my inmost being; you knit me in my mother’s womb. I praise you, because I am wonderfully made; wonderful are your works! My very self you know” (Psalm 139:13–14).

STEP 3: Explain the passage.

- ❖ God made us unique persons from our very beginning, in our mother’s womb.
- ❖ No matter how similar we may be to another person, even if we are a twin, there is only one of each of us.
- ❖ God knows each of us individually.



WHO AM I?

 2 minutes

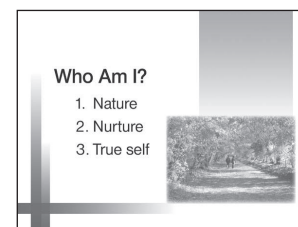
STEP 1:  **CLICK** on slide 3 or write on the board:

Who am I?

Nature

Nurture

True self



STEP 2: Present content. *Note to the presenter:* This is a quick introduction and each item will be discussed later in more depth.

KEY CONCEPT 1: Each of us is a combination of nature, nurture, and something known as true self.

KEY CONCEPT 2: We differ as persons in our very nature.

- ❖ First, we are either male or female. This is central to who we are and this reality alone makes us very different.

- ❖ Second, we differ in our innate character, disposition, and personality traits.
For example,
 - How we react to things. *Example:* Quickly and intensely or passively.
 - How we relate to others. *Example:* As an extrovert or as an introvert.
- ❖ We will first discuss temperament theory as one way to understand nature.

KEY CONCEPT 3: Our nature is formed and shaped by our environment, which we call nurture.

- ❖ Our environment is made of: family of origin (our foundational experiences of love and relationships), education, culture, faith, media, habits (character, discipline, etc.).


KEY CONCEPT 4: There is something deeper than comes to expression in our nature and nurture: our true self.

- ❖ True self is that beautiful idea of you that God the Father dreamed of before the foundation of the world.
- ❖ Our deeper spiritual reality.

KEY CONCEPT 5: We should grow in our self-understanding to become more fully the person God wants us to be.

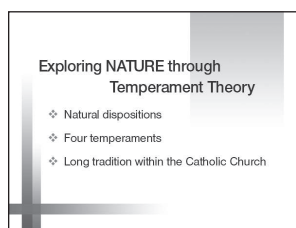
- ❖ God created us with unique gifts and talents to be used in this world for his greater glory.
- ❖ Each of us is unique.
- ❖ Our goal is not to be like this or that person, but to become, in our uniqueness and unrepeatability, the person God wants us to be.
- ❖ We give glory to God by becoming whom we are created to be.
- ❖ Likewise our goal in marriage shouldn't be to make my spouse be like me, but to help her or him become whom God created her or him to be.

EXPLORING NATURE

 2 minutes

STEP 1:  **CLICK** on slide 4 or write on the board:

- ❖ Temperament Theory:
 - Natural dispositions
 - Four temperaments
 - Long tradition within the Catholic Church



STEP 2: Present content.

KEY CONCEPT 1: Temperaments are our natural dispositions and traits, hard-wired in us.

- ❖ They shape our thinking, behavior, preferences, and relationships.


KEY CONCEPT 2: There are four basic temperaments.

- ❖ We may have one predominant temperament or a combination of two or more.

KEY CONCEPT 3: Temperament theory has a long tradition within the Catholic Church.

- ❖ There are many personality theories (e.g., Meyers Briggs Type Indicator, Keirsey Temperaments, Big Five).
- ❖ We use *temperament theory* because it has a long tradition within Catholic writing.
- ❖ The concept of the four temperaments dates back 2,000 years to Hippocrates, the “father of medical science.”

TEMPERAMENT INVENTORY

 8 minutes

STEP 1: Walk the participants through the activity by reading the following:

- ❖ Turn to page 10 in your workbooks for the temperaments inventory.
- ❖ This inventory is to be done individually. You will have time at the end of this topic to share your answers with your fiancé/e.
- ❖ Go through the list of descriptions and if any of the words or phrases accurately summarizes your thinking or behavior, place a check in the highlighted box.
- ❖ Let's look at the examples at the top of the page. The first example is “Cheerful.” If you are cheerful, place a check in the green box. The second example is “Active.” If you are not active, do not place a check in any box.
- ❖ Remember to answer how you really are most of the time, not how you might want to be.
- ❖ After completing the inventory, add up the number of checks in each column, making sure not to include the example.

STEP 2: Complete the inventory.

1. Ask the participants to look up when they are done so you have an idea when most are finished.

STEP 3: Instructions at the end of the inventory.

- ❖ Go back to the inventory and circle the letter at the bottom that has the highest total.
- ❖ Don't worry if you have two numbers similar to each other. People can have characteristics of more than one temperament.
- ❖ Also, this is just a very simple inventory. There are many others that are much lengthier and more exhaustive.
- ❖ We will now explain the results.

STEP 4: Transition to teaching.

- ❖ Each temperament has its own nature.
- ❖ Each temperament also has susceptibilities.
- ❖ In other words, a particular characteristic of our nature can become extreme.

CHOLERIC

🕒 2 minutes (optional witness at end)

By nature	Susceptibilities
Assertive	Arrogant
Born Leader	Inconsiderate
Decisive	Proud
Confident	Stubborn
Quick to react	Rigid/Inflexible
Goal oriented	Unsympathetic

STEP 1: 🖱️ **CLICK** on slide 5 or direct couples to follow on page 7 in their workbooks.

STEP 2: Present the first column.

- ❖ The choleric is stereotypically known as *The Worker*.

🖱️ **CLICK** By nature choleric are:

Assertive: They are confident in stating their position.

Born leaders: They often naturally rise to become leaders.

Decisive: They are able to weigh options and make decisions.

Confident: They are confident in who they are and in their decisions.

Quick to react: They have the ability to react to things quickly.

Goal oriented: They are focused to accomplish goals.

STEP 3: Present the concept of susceptibilities before talking about the choleric's susceptibilities.

- ❖ Even though we all have innate tendencies, such as those we have seen in the choleric, each temperament has susceptibilities.
- ❖ If these tendencies are not kept in check, it is very likely that they will go to extremes.
- ❖ Despite our strong tendencies toward certain characteristics, we want to maintain balance.
- ❖ Balance is not mediocrity but depth. Where is the deepest part of a lake? Usually it's in the middle.
- ❖ We want to stay with our strengths and avoid our susceptibilities.

Note: Do not present the susceptibilities in relation to the natural tendencies. For example by saying: "If you are too assertive you may become arrogant." The susceptibilities and tendencies do not relate in this way.

STEP 4: Present the description of choleric susceptibilities.

 **CLICK** Susceptibilities:

Arrogant: They may become too self-assured.

Inconsiderate: They may easily overlook the needs of others.


Proud: They may become or appear prideful.

Stubborn: They may be unwilling to accommodate others.

Rigid/Inflexible: They may become overly entrenched in "my way or the highway."

Unsympathetic: They may appear or even be unsympathetic to others.

STEP 5: *Optional:* Present witness.

 2 minutes

1. If this is not your temperament, skip this portion.
2. If this is your temperament, share some examples of how you manifest this temperament and about your own susceptibilities.
3. Use the Tips for Witness Presentations (pp. 42–44) to write this portion of the presentation.