

Session 1:

You and Your Future Spouse

SESSION OBJECTIVE

Identify how one's positive and negative characteristics, weaknesses and strengths operate in daily life and affects marital relationships. This session will underscore self-awareness, acceptance and appreciation of uniqueness of your future spouse, as well as the importance of knowing their partner's level of self-esteem.

Time allotment: 50 minutes

Methodology: Individual Exercises/Dyads

Materials Needed: Pen and paper/PMC
Notebook; water and tissue paper

EXERCISE

Procedure:

1. Give the participants the needed time to answer the following questions on a piece of paper:

What do you like most about yourself?	What do you like most about your partner?
What do you dislike about yourself?	What do you dislike about your partner?
What are your strengths?	What are your weaknesses?

EXERCISE

Procedure:

2. After the activity, allot 10 minutes for participants to share their answers with their partner.
3. After the sharing between couples, the counselor may ask them to share any insight or realization on the activity.
4. After which, the counselor shall ask questions for self reflection.

PROCESSING QUESTIONS

1. Based on your answers, what were your realizations about yourself and your partner?
2. Do you think your answers to the questions given will affect your marriage in the future?
3. How do you intend to work out the thing/things that you dislike about yourself and your partner?

**AS THE COUNSELOR,
WHAT RESPONSES DO
YOU EXPECT TO
PROCESS?**



KEY LEARNING MESSAGES

SELF ESTEEM VERSUS SELF CONFIDENCE

SELF ESTEEM

Overall evaluation (either positive or negative) you have on yourself

About self-evaluation

Doesn't evaluate you based on certain tasks in life

Directly related to ideologies about yourself

SELF CONFIDENCE

Belief in your abilities to succeed

Having faith in oneself plays a major role

All about task based-evaluation

About having confidence to accomplish certain tasks and face certain situations in life

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KEY LEARNING MESSAGES / INPUTS

- Self-Esteem can influence your relationship satisfaction just as much as it affects your partner's.
- **Knowing oneself is just as important as knowing your spouse.** One's self-perception will bring about a lot on your relationship. *Being aware of your weaknesses and strengths will bring about better chances at resolving issues and conflicts about relationships and marriages.*

TAKE AWAY OF THE COUPLE

1. Realization of him/herself and that of their partner
2. Self confidence vis-à-vis self esteem
3. Importance of self love in their marriage
4. Knowing how the other sees/values him/herself would contribute to their relationship
5. Each has their own strengths/weaknesses

APPLICATION

Participants will write a letter to their partner on how they intend to use their learning experience from this session in their married life and relationship.

SUGGESTED TRANSITION MESSAGE

Appreciating oneself and your partner's individuality is an important part of your journey of further discovering your differences and similarities which will affect your married life.

Thus, as we move on the next session, we will try to understand how those differences are more likely influenced by internal and external factors.

COUNSELOR'S NOTE

1. Be mindful of the time but prioritize the participant's needs.
2. Re-assure the participants that there are no wrong answers, and encourage them to answer honestly.
3. If a participant is unable to write, encourage the participant to express his/her thoughts.