



CHARACTERISTICS OF COUPLES GROUPS

1. SMALL GROUPS- By gender.

2. COUPLE HUDDLE:

Allot time each session for couples talk privately during the meeting. Parents are allowed time to start forming their convictions on a topic while the topic is fresh. Depending on how the time frame is going, give couples 10-15 minutes to scatter to meet in a semi-private area so they may talk privately.

THE GOAL OF THE COUPLE HUDDLE:

Couples begin to accomplish these things:

- Ask each other how big a problem today's topic is in their home. (It is amazing how many times one will see it as a problem and the other may not be aware of it.)
- Ask each other whether or not they are on the same page concerning their hopes for their family's standards/convictions on this topic.
- Decide boundaries together.
- Discuss (if they have time in the meeting) what the consequences will be for breaking those boundaries. (A good resource is *Boundaries with Teens*, by Dr. John Townsend)

Reminder:

***AGENDA: Add COUPLE HUDDLE after SMALL GROUP.
GIVE DADS THEIR HOMEWORK ASSIGNMENT AFTER THE HUDDLE***

3. HOMEWORK FOR COUPLES

At the end of the meeting the facilitator gives the husbands a homework assignment. For example to dads it might be explained, "You have one homework assignment this week. Take the initiative sometime during the next week to continue the conversation you just had with your wife. That's it. We'll talk about your homework next week."

FACILITATORS: Give the same homework each week.

As a matter of course ask early in the next meeting how their conversations went. Example Questions for starting that POTS GROUP DISCUSSION are these (to ask after opening Prayer):

1. How hard was it for you (the husband) to initiate the conversation?
2. Was it hard to remember last week's topic and how you felt about it? Why?
3. Did you find the topic relevant with your teenager(s)?
4. How has it been to come to agreement about your convictions and consequences you will use if needed (or WHEN needed!)

Any of these questions can be used to prime the pump to get some feedback on how things went.

THE GOAL?
HELP PARENTS BEGIN A PATTERN OF DISCUSSING THEIR CONVICTIONS