

FAMILY AND FRIENDS

GOAL: To make us more aware of the changes in our relationships with our family and friends as a result of our marriage. To make us more aware that we as a couple have an impact on other's lives just as others have had an impact on ours.

INTRODUCTION:

Who we are today is largely the result of those we have known. The title of this podcast is "Family and Friends." In this episode, we see how our families and friends have a strong impact on our beliefs and values. Having said that, we will find that our relationships with our family and friends may change quite a bit after our marriage. We may find that we don't have as much in common with our single friends as we once had. As our wedding day approaches, we need to look closely at our relationships as a couple. Our focus needs to shift from MY family and friends to OUR family and friends.

1. FAMILIES OF ORIGIN

2. CHILDREN

3. FRIENDS

4. LETTER TO A SIGNIFICANT PERSON

Write a letter to someone whom you have never adequately thanked for his or her influence on your life.

MAKE THIS A SPECIAL TIME IN YOUR RELATIONSHIPS

1. Choose the most appropriate/difficult question below to begin writing. (Select just one question.)
2. Write for the full suggested time of 15 minutes.
3. Discuss for the full suggested time of 15 minutes.

QUESTION OPTIONS:

- 1) What special qualities do we as a couple have to share with others?
- 2) What are some of my family's holiday traditions? Do I expect us to continue any of these traditions?
- 3) How have my relationships with my single friends changed since we started dating? How do I expect my relationships with my single friends to change after we're married?
- 4) How much time should we spend with my parents? With yours?

Alternate questions if you were previously married: If you have been married before, you may find one of these questions helpful. Choose whichever question you find to be most relevant to your situation.

- 1) How do our children feel about our marrying?
- 2) How can we blend our family?
- 3) How do I feel about disciplining your children?
- 4) How will we handle the holidays?

