

TOPIC 1: SELF KNOWLEDGE

TOPIC	TITLE	ADAPTATION
1	Self-Knowledge	No adaptation

GENERAL INFORMATION FOR ADOM PRESENTERS

- Thank you for sharing your time and talents through marriage preparation ministry! Trust, pray, prepare, do your best, and let God do the rest 😊!
- Please read and follow the “*Tips for Presenting*” and “*Preparing and Sharing Your Witness*” on pages 20-21 in the *Leader Guide*. Remember:
 1. **Know your topic** (be prepared) and **stick to your topic** (don’t add material).
 2. **Speak for yourself** (not for your spouse). Share your own emotions, actions, and reactions (not your spouse’s—let him or her speak for himself or herself).
 3. **Honor your spouse (and others)**. Avoid sarcasm, jokes, or examples that belittle your spouse or others. If you are sharing a personal story that includes others (your spouse, in-laws, work colleagues, friends, etc.), always seek to honor and respect them. Imagine they are present and consider how they would feel if they heard what you were saying. Also, it is okay (and often helpful) to be honest about your own weaknesses and areas of growth (this shows humility and is usually inspiring to others) but avoid pointing out other’s weaknesses.
 4. **Be mindful of tone: Be positive, joyful, inviting, and smile often!** Avoid words, phrases, or comments that either are or can come across as condescending, demeaning, political, judgmental, or preachy. An easy way to avoid sounding ‘preachy’ is by replacing the word “you” with “we/me/I/us” (both when reading material in the text that may include “you” or when sharing your own thoughts).

TOPIC ADAPTATIONS

- There are **no ADOM adaptations**.
- Presenters are to follow the *Leader Guide* as is.

IMPORTANT NOTES for presenters regarding the activities in this topic:

- There are a few times throughout the presentation when the engaged couples are asked to complete some questions on their own. During those times, make sure to tell them they are just working individually for the time being and that they will have time to share their answers with one another at the end of the topic. They are often tempted to begin talking to each other to share their answers right away.
- Also, we have noticed that the time allotted in the *Leader’s Guide* for the individual activities is often too long. Once finished, if you do not move on, couples will start talking or take the opportunity to go to the restroom. Instead of giving them the full amount of time, watch the room dynamics and when it seems like they have completed the activity individually (and start

chatting), you can gently remind them they will have time to talk together at the end of the presentation and then move on with the rest of the presentation.

LENGTH

- **Presentation Time:** 33 minutes (broken up with activities throughout)
- **Activity Time:** 27 minutes (interspersed throughout and at the end)
- **Total Time:** 60 minutes

Optional: Insert Pictures
of Topic Presenters

1. Wedding picture
2. Current picture



PRESENTER INTRODUCTION INSTRUCTIONS

Optional: Provide your team leader one wedding photo and one current photo to include on a slide (to be projected before your topic.)

Before you begin your presentation, please introduce yourself and answer the two questions below **very briefly** (to help the engaged couples to get to know you). Introductions should not take more than 2 minutes.

- Name and parish
 - Number of years married (Convalidation? If so, what prompted that?)
 - Children (ages, grandchildren)
 - Occupation
1. **Please share briefly (1-2 sentences) an overview of your own faith journey.** Were you raised Catholic? Always active? More active for a specific reason? Convert (if so, why and for how long)?
 2. **Please share briefly (1-2 sentences) why are you helping in this program.** What motivates you to be a part of this program?

TOPIC 1: SELF KNOWLEDGE SLIDES

Presenters are to follow the *Leader's Guide* for this topic.

Optional: Insert Pictures of Topic Presenters

- Wedding picture
- Current picture

TOPIC 1

SELF-KNOWLEDGE

Knowing Your True Self

"This journey may seem long, but it's the only way to truly know yourself. It's not about finding a perfect self, but about discovering the real you. My only self is you know!"

— Pope John Paul II

WHO AM I?

- Nature
- Nurture
- True self

EXPLORING NATURE THROUGH TEMPERAMENT THEORY

- Natural dispositions
- Four temperaments
- Long-standing tradition in the Catholic faith

TURN TO PAGE 7 FOR THE TEMPERAMENT INVENTORY

CHARISMATIC

Temperament: The Builder

By Nature	By Nurture
Extroverted	Introverted
Optimistic	Pessimistic
Spontaneous	Unspontaneous
Easy-going	Unrelaxed
Enthusiastic	Unenthusiastic
Sensitive	Insensitive

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REMEMBER

- Each temperament has strengths and susceptibilities.
- Temperaments are not the final word on you as a person.
- Understanding and appreciating differences build intimacy.

EXPLORING NURTURE INCLUDES

- Family of origin
- Culture
- Education
- Faith
- Friends
- Media
- And more...

FAMILY OF ORIGIN influences our

- Attachment style
- Sense of self-worth
- Sense of roles and expectations
- Character formation
- Image of God

FAMILY OF ORIGIN influences how we

- Experience and express emotion
- Relate to others
- Interpret things
- Defend ourselves
- Understand love
- Find meaning

"THE FAMILY IS A PATH COMMON TO ALL, YET ONE WHICH IS PARTICULAR, UNIQUE, AND UNREPEATABLE."

— Pope St. John Paul II, Letter to Families

ACTIVITY – PAGE 10

Family of Origin

"A VIRTUE IS A HABITUAL AND FIRM DISPOSITION TO DO THE GOOD; STEADY DISPOSITIONS OF THE INTELLECT AND WILL THAT DIRECT OUR ACTIONS, ORDER OUR PASSIONS, AND GUIDE OUR BEHAVIOR WITH REASON AND FAITH."

CCC 1824

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CARDINAL VIRTUES

- Prudence
- Justice
- Fortitude
- Temperance

THEOLOGICAL VIRTUES

- Faith
- Hope
- Charity (Love)

VICE IS

- A pattern of seeking what is not good
- Referenced in Christian tradition
 - Pride, envy, greed, lust, anger, gluttony, and sloth (lazines)
- Susceptible to an addictive pattern

ASK YOURSELF

- Is this good for my soul?

ASK YOURSELF

- Is this good for my soul?
- If it's not good for your soul, then it won't be good for your marriage or your family.

ACTIVITY – PAGE 12

Virtue Check-Up

THE TRUE SELF

- Deeper than can be expressed through our nature and nurture alone
- The beautiful idea for each of us that God dreamed of before the foundation of the world
- Fully revealed when united with God

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"BE WHO GOD MEANT YOU TO BE AND YOU WILL SET THE WORLD ON FIRE."

St. Catherine of Siena

REMEMBER

- Knowing yourself is critical to fully give yourself to another.
- Appreciate your differences and see them as a source of strength.
- Grow in virtue and avoid vice.
- Become the person God created you to be.

TAKEAWAY + REFLECTION

Share Temperaments & Family of Origin responses