

## WOMEN'S RETREAT

### Recommendation to Prepare for the Workshop: Writing a Dialogue

This is a description of a short piece of writing (one page is sufficient) that we encourage you to do and send back to us before the beginning of the workshop. In the Crucible Approach®, we found that a very useful tool to help work with unresolved issues and relationships is the use of dialogues.

The dialogue is written like a play or a movie script. Let's say, you've always been resentful of your sister/ former spouse/ father/ mother, etc. Maybe, there is a situation that you would like to resolve with them but were never able to. To clarify the situation, writing a dialogue with this other person is a very helpful tool. You may speak to them in written form what you want to tell them and then imagine their responses. In this dialogue, you are not making up your favorite answers. You will profit the most from this tool if you visually imagine their answers to your responses etc. We usually know on a gut-level what that person is likely to say. Additionally, this provides great insight in your own way of thinking.

Thanks for understanding that due to our limited time together, we won't be able to discuss all of the dialogues, but upon request, we will work on your dialogues after the workshop in writing. If you don't want your dialogue discussed at all, please let us know and write it simply for your own benefit.

If you have more questions, please send us an email to [mfhc@passionatemarriage.com](mailto:mfhc@passionatemarriage.com). We are looking forward to hearing from you!