

Guideline for writing and dialogue

Guidelines for writing

1. Pray together before writing.
2. Begin your letter with Dear (name)
3. Do not interrupt or leave your partner during the entire time with them your universe is just them for the allotted time. When you joke with another group or leave them you are devaluing their existence.
4. Try to write for the whole allotted time. The facilitator will tell you when to stop and exchange letters.
5. Write about two things you like most about the other person.
 - a. Example:
 - i. One thing I like about you is that you are polite...you treat others with respect.
 - ii. One thing I like about you is.... (honesty, integrity, sincerity, character, etc.)
6. Write about one thing that you like least about the other person this is a **MUST**. (Be honest but gentle)
 - a. Example:
 - i. Sometimes it upsets me the way you intimidate people by being loud and pushy.
 - ii. When you wear those mini-skirts on Wednesday the last thing I am thinking about is worshipping God

Guidelines for Writing if you don't know the other person at all or if you run out of things to write about

1. Write about you as a person
2. Write about your likes and dislikes
3. Write about:
 - a. What school do you go to
 - i. What Grade?
 - ii. Favorite Class?
 - iii. Favorite School Activity? (I.e. Sports, music, drama)
 1. What about that activity brings you the most joy?
 2. What do you do in this activity?
 - b. About your family
 - i. Brothers and Sisters (age, names)
 - ii. How long have you lived here?
 - iii. Does your Mom and Dad work?
 1. What do they do?
 - iv. If new here, where did you move from?
 - v. What do you like most about your family?
 - vi. What do you do for vacation?
 - c. Favorite activities
 - i. What do you like most?
 - ii. What do you like least
 - d. How long you have served the Lord?
 - i. Where did you get saved?
 - ii. Give a little background on your salvation experience?
 - e. Scariest thing you have ever done?
 - f. Without giving names, what was the most hurtful time in your life?

Guidelines for Dialoguing (talking about what you wrote)

1. Ask questions about what the other person has written.
2. Example:
 - i. What do you mean when you said, "I'm pushy." Give me some examples of when I have been pushy.
3. Concentrate on the strongest feeling and talk about that first. A strong feeling might be one that you don't understand or have never seen yourself in that way.
4. Example:
 - i. "When was I loud, that's just my normal voice."

Teen Encounter's Seven important Boundaries:

1. It is **EXTREMELY** important and crucial that you are ***honest*** in everything you say and do. If a comment is shared in honesty it must be received and not be shot down because it makes you feel uncomfortable.
2. You **MUST** verbally and physically participate in dialogue and activity times even if you are uncomfortable participating. Your willingness to do and say things that you would not normally do or say will open others up to trusting you. There are no right or wrong answers so please do not correct what is stated, just listen.
3. You **MUST** be willing to get outside the box for the next 25 hours and stretch to the limits of your comfort zone, lead by example.
4. Remember that we all respond and listen in different ways based on our upbringing do not be disrespectful in any way throughout our time together as our goal is to make every person on an equal playing field with response to sharing and feelings. Please remember if we are to communicate we must be willing to hear and **LISTEN** to what others are saying and value their statements as a gift, to unlock understanding.
5. **NO CELL PHONES**
6. If statements are shared with emotion, **DO NOT**, go and throw your arms around that person. Appropriate responses to emotion are to just put a hand on that persons back, unless told to do something different. That goes for students and adult leaders.
7. Whatever is shared here remains here, nothing is to leave here, information is not power and should not be treated as such. In our workings to unite, a natural part of this weekend will be a connection made with others that are here, which will be based on trust. Trust is built through information and should not be broken when one person views information as power and begins to gossip. Please, information is not power but a higher level of trust that for this weekend is a key, **PLEASE KEEP THE TRUST.** (Mandatory Reporting)

Name: _____

5.

The Black hole, The Stinky place:
I have been hiding _____
(Sin)
from most everyone.

“Walk a Mile in My Shoes”

Use the back or another sheet of Paper as needed

1.

Shoe Laces:

Who or what holds my life together, other than God?

2.

Air holes:

I like to _____

it brings a breath of relaxation into my life.

4.

The rubber Soul:

My rubber is running thin, What things in your life are on the verge of running thin struggles, fears, BIG Questions? (*answer one or all*)

3.

The Soul:

How does God fit in my life? What is He to me? (I.e. Friend, creator, “**GOD!**”, Savior) Give Explanation:

FINAL WRITING ASSIGNMENT STRETCH YOURSELF

This by far is your most difficult assignment, this requires you to be honest and loving like you have never been before, especially with yourself. You will be stretched far beyond your wildest dreams. It also has the potential to be the most exiting and rewarding assignment of the weekend. At this time I want you to take out a sheet of paper and prepare to write a letter. You will be now writing a letter to your parents either two letters one to each or one letter to both, to the people you are living with. This is a time to write a “Love letter” to them. I don’t want you to share anything negative. Allow your emotions to flow. Stretch yourself and tell them how much you love them, dwell on their positive attributes. Take the next 20 minutes to write. When you are finished take the envelopes provided and place the letter or letters in them. Then Address the letter to your parents, First and last names, address, city, state, and zip code and bring your Youth Pastor the letter or letters, we will make sure they get them. We cannot leave this portion of the evening without this completed by **every** student. When finished remain quietly until everyone has finished, you may want to place yourself in a position to pray for the next little while, before and after writing this letter. **PLEASE DO NOT DISTURB ANYONE ELSE EVEN IF THEY ARE DONE OR APPEAR DONE.** When finished join in singing with the worship music that is playing in the background. I love you all.

Always for Christ,

Tom Bachman

RULES FOR FIGHTING

- Rule 1** Go ahead and fight! Fight for a solution not just to defeat the other person. Remember if you fight just to win or defeat the other person you can leave scars that last a life time.
- Rule 2** Choose the right time and right place and with the right people. Don't drag other people into your conflict. Don't fight around people that are not involved or in front of the youth group. Don't leave the youth service or morning worship service to solve conflicts. However, if you come to a service with anger in your heart take care of this issue before the worship service begins.
- Rule 3** Fight Fair! No hitting below the belt but don't wear the belt around the neck! Don't put others down with comments meant to cut them down. Remember you cannot be so sensitive to what others say that they cannot be honest with you. Listen with an earnest desire to improve the areas that you may need improvement in.
- Rule 4** Stick to the subject or the existing conflict. What happened last year at camp is in the past and should be left there. If this is a reoccurring problem deal with the latest issue.
- Rule 5** Statute of limitations. Anything 48 hours old is too old to fight about. What happened last week in youth service is too late to fight about.
- Rule 6** No name calling. Name calling is character assassination. God doesn't make junk. Everyone is worthwhile so don't attack their character by calling them names.
- Rule 7** Finish the fight. Don't give up because your feelings are hurt. Don't leave slamming doors as you go out crying. Don't leave the fight with things unsettled.

Why is this so critical because the world does not revolve around me, remember we are to "Love God and Love others".

Feeling Words

happy	frustrated	fearless	heavy	queasy	lukewarm
comfortable	nauseated	free-and-easy	heavy-hearted	quivery	pensive
blissful	out-of-sorts	heroic	joyless	shaky	shy
bright	restless	pleased	lonely	shocked	tired
bubbly	wound up	poised	long faced	squeamish	washed out
charmed	angry	relaxed	morose	tense	weak
cheerful	annoyed	secure	mournful	timid	high energy
cheery	enraged	snug	murky	threatened	alert
ecstatic	grouchy	spontaneous	pained	uptight	all alive
elated	grumpy	strong	sad	worried	attentive
enchanted	irritated	unbridled	sullen	affectionate	awake
expectant	peevied	unhindered	paralyzed	cozy	eager
free	provoked	stressed	weepy	cuddly	energetic
giddy	seething	nervous	afraid	grateful	enthusiastic
glad	sulky	unhappy	alarmed	loving	excited
embarrassed	touchy	uncomfortable	anxious	moved	exhilarated
hilarious	furious	aching	apprehensive	passionate	fidgety
jovial	boiling	agonized	bewildered	romantic	frisky
joyful	cantankerous	cheerless	boxed in	sensitive	lively
jubilant	secure	cold	coming unglued	tender	peppy
light	confident	crushed	confused	touched	playful
light-hearted	adventurous	dark	distressed	warm	refreshed
merry	at ease	dejected	fearful	low energy	rejuvenated
overjoyed	at home	depressed	frightened	bashful	revived
sparkling	bold	despondent	guarded	beat down	spirited
surprised	calm	dismal	hard-pressed	bushed	spry
thrilled	comforted	down	horrified	cool	talkative
warm	confident	downcast	jittery	dull	vivacious
uneasy	cool	down hearted	locked-in	exhausted	
awkward	courageous	gloomy	nervous	feeble	
baffled	dashing	glum	overwhelmed	indifferent	
	determined	grief-stricken	panic stricken	listless	
	easygoing	grieved	panicky		

SYMPTOMS OF DISILLUSIONMENT

Disillusionment-disappointment, frustration, lack of expectation, despair, disconnection.

Put an X on any symptoms that apply to you and may be occurring in your life, your home life, and relationships with friends. Then choose a few of the symptoms that you have the strongest feelings about and then write about them. In your writing describe these feelings or disillusionments in as much detail as you can. Give the cause of the feelings, give the outward evidence of the feeling, detail is the key to your writing, explain it in a way that would not bring confusion to the listener. It may be important to read what you wrote after writing it to make sure there won't be any confusion. There will be an opportunity given to share this with the entire group, if you are thinking it will be impossible for you to share, think about asking someone within the group to read it for you. Write your answers on a separate sheet of paper.

1. ___ Moods of sadness
2. ___ Feeling of boredom, emptiness and loneliness.
3. ___ Indifference to other peoples problems...who cares? I really only think about me and my problems.
4. ___ Coldness towards parents, brothers, sisters, friends
5. ___ Lessening of gentleness and small courtesies
6. ___ Feelings of insecurity and jealousies
7. ___ Some feeling of being better understood by others than by parents or family
8. ___ Nagging or persistent begging.
9. ___ Lack of planning things together as a family.
10. ___ Not enough personal conversation, most communication mechanical, routine, on the surface.
11. ___ Bad humor, nervous.
12. ___ Feeling used.
13. ___ Taking advantage of each other.
14. ___ Feeling in a rut
15. ___ Frequent quarrels
16. ___ Continuous escape such as TV sports, habits, sleeping, eating, drugs, pornography, video games, books, lust, etc....
17. ___ Insults, rudeness, teasing, sarcasm, to other family members.
18. ___ Loosing the joy and wonderment of living, thoughts of suicide.
19. ___ Lieing, cheating, stealing
20. ___ Blaming others, not taking personal responsibility
21. ___ Procrastination
22. ___ A feeling of nobody likes me, everybody hates me why don't I eat some worms.
23. ___ I don't know who I am, I have multiple personalities based on who I am around
24. ___ Coldness towards God, does He hear me? Does He care? I never hear Him? Worship is just words.
25. ___ I have NO friends, because I.....

Please feel free to add any of your own to this list so that we all may understand you better. Remember James 5:16 "Confess your sins to each other and pray for each other so that you can live together whole and healed."

Bumps in the Road

This exercise will not be shared with the entire group. It will be taken into our final service and will become a focal point of the remainder of our time together.

List the names of people that have wronged you and list what they did to you, that have allowed you to carry a grudge. Secondly, list the people you have taken for granted and those you have wronged throughout your life to this point. List their name and how you have wronged them. Then write down whether you have ever forgiven them or not.

People who have wronged me and how:

NAME	THEIR OFFENSE TOWARDS ME	FORGIVEN/ UNFORGIVEN

People who I have wronged, taken advantage of, and how:

NAME	MY OFFENSE TOWARDS THEM	FORGIVEN/ UNFORGIVEN

If you need more room use the back of this page