

ROUND THE BASES REAL RESULTS

A life changing method of communication and negotiation for couples.

9-week marriage class



Matt Loehr

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Dare to be Different, Inc.

1-877-813-7518

www.daretobedifferent.com

ROUND THE BASES REAL RESULTS

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INSTRUCTIONS FOR FACILITATORS

1. **This nine-week study is designed for couples in a class or small group setting. This study is also designed for individual couples who would like to go through the process on their own.**
2. **The video is designed to provide a message on marriage and give instructions each week on how to *round the bases*.**
3. **Each person is to have their own study guide.**
4. **Each session is designed to last one hour and has some flexibility.**
5. **Encourage couples to sit next to the same people each week to help establish a deeper connection, trust and accountability.**

First Inning

- * Begin by playing the video for that particular week/inning.
- * This inning is all video driven. The tools necessary to *round the bases* will be reviewed in this video and utilized throughout the nine weeks.

Second and Third Innings

- * These innings are approximately 25 minutes of video and 35 minutes of *rounding the bases*.
- * Begin by playing the video for that particular week/inning.
- * After the video, each person will then fill out the survey for that week.
- * After couples have completed the survey, they will circle each statement that was answered in a non-desirable way. (The video will instruct them to do so)
- * Now begin the process of *rounding the bases*. (Group participation)
Couples will help each other *round the bases* starting with the statements they circled from the survey. Pair up with another couple at your table.

1st Base Couple will identify an issue.

2nd Base Couple will validate why it is an issue.

3rd Base Couple will identify a real solution to the issue.

SCORE Couple agrees to a specific solution to their issue.

The solution must be articulate. (What, who, when, how much)

Fourth Inning "How to Fix Your Spouse"

- * There will be no *rounding the bases* in this inning.
- * This inning is all video. Begin by playing the video.
- * The video will prompt couples to fill out a Self-Assessment.
- * The assessment helps people identify "core sin" in their own hearts.
- * The video will prompt couples to circle the "core issues" that are present.
- * The video will prompt couples at that time to acknowledge, confess and repent to their spouse and to God.
- * As a facilitator, be prepared to encourage and comfort any couple in need.

Fifth through Ninth Innings

- * Same format as 2nd and 3rd inning.

General Notes

- * Each week the video will prompt couples what to do and when.
- * The role of the Facilitator is to get the classroom ready, play the video and roam around the room to coach and encourage couples who need it while *rounding the bases* with their issues.
- * Couples may discover through this process that they need more extensive help. The Facilitator should privately route those couples to the appropriate staff for counseling.
- * Wrap up each session with your own thoughts/prayer.



1st Inning

Game Plan: Selecting The Right Equipment

FIRST INNING

Game Plan - Selecting the Right Equipment

The *Game Plan* for this study is to help you and your partner communicate and negotiate in a healthy way. It will provide you the chance to explore your relationship using a survey that will identify your strengths and weaknesses. The survey is intended to extract information from each party to better understand each other and develop better communication skills.

You will learn a unique “baseball diamond” technique that is powerfully designed to help you communicate effectively and discover solutions using **D.A.R.E.** (**D**iscover, **A**sk Great Questions, **R**equire Action, **E**valuate the Progress). You will stay on track with each issue as you *round the bases*. This “baseball diamond” technique will offer clear, precise steps that are carefully designed for you to better understand each other and develop better communication skills. Stick to the process and you will discover the power of **D.A.R.E.**

D.A.R.E. encourages you to appreciate the importance of commitment as well as learn ways to appreciate and embrace your differences. Early in a relationship couples tend to fall in love with their mate because they are very different. Too often however, couples end up turning those very differences into “rights” and “wrongs”. Through this experience you will discover differences in many areas in your relationship. We want to encourage you to embrace those differences and allow each other to be the person that God created them to be.

This study is designed for couples who have a good marriage and wanting to take their relationship to the next level. You may discover through this experience that you need more extensive help and would benefit from one-on-one mentoring with another couple. If that is the case, contact the leader of your organization/church to get more information or log on to www.daretobedifferent.com.

Instructions

This study has nine innings, each inning referring to one week. Each week you will discuss different topics and fill out a short survey relative to that topic. The survey is not a test, but rather a chance to explore issues. It is not a pass/fail survey. It is used as a means of identifying areas of strengths and weaknesses in your relationship.

When filling out the survey each week, place an “X” under Agree or Disagree to identify your answer. You should answer the questions individually and honestly in order to have the greatest impact on your relationship. Do not discuss each other’s answers until you have completed the survey for that category.

For Class Use

During class time you will round the bases with the statements you circled from the survey. You will be asked to "help" the couple sitting next to you get around the bases with their issues and you will allow them to "help" you get around the bases with your issues.

Remember, as you "help" another couple, your role is not to "fix" them but to help them get around the bases to a SCORE. This will urge couples to express their thoughts and feelings openly and respectfully. You will need to use the Speaker/Listener technique (Fight Plan) and the Negotiation Tool that will be reviewed in week one.

Each week you will have homework that is recommended. The homework is relative to the relationship in an effort to strengthen and improve quality time and communication.

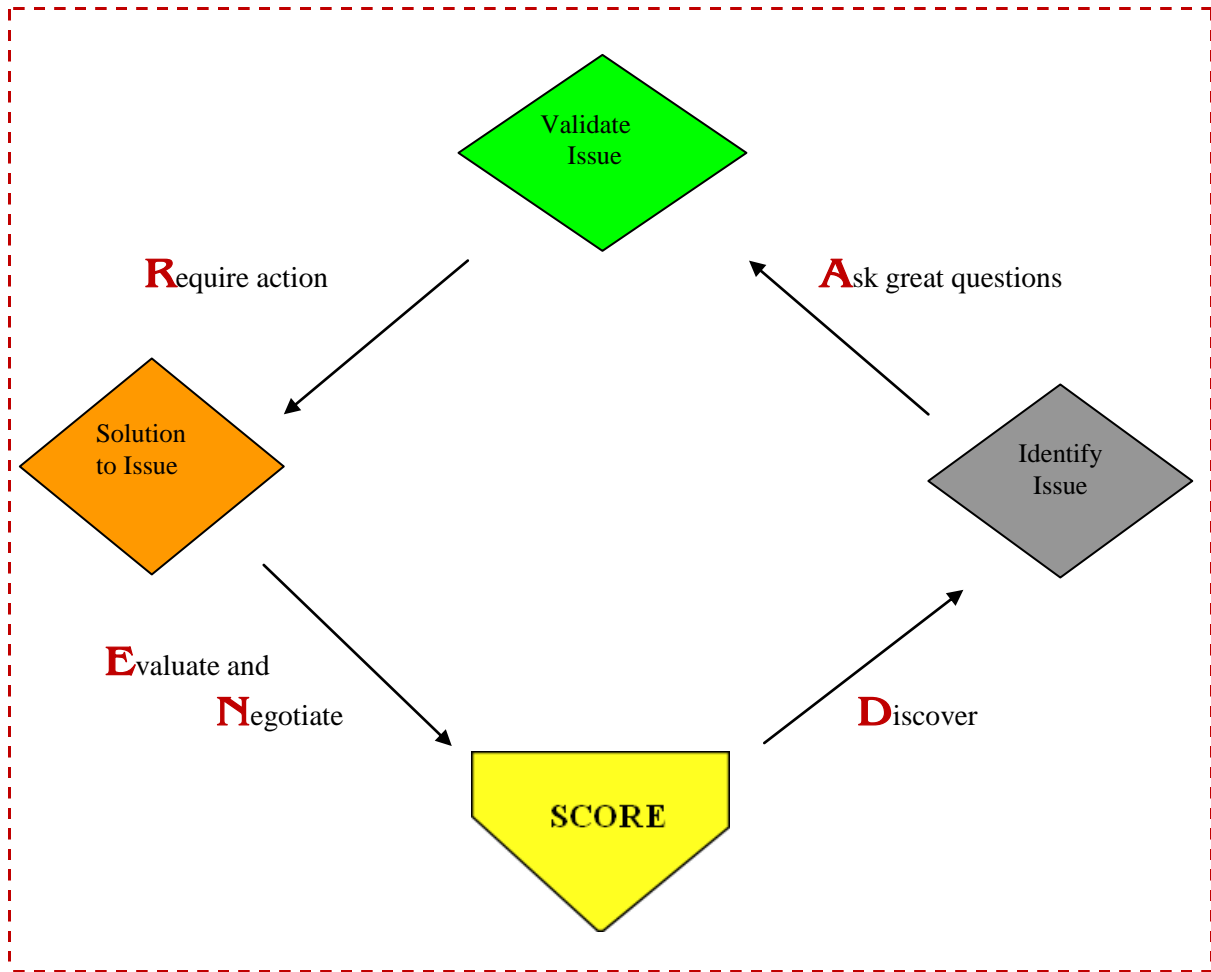
The homework is a good indicator as to how serious couples are at wanting to improve their relationship. Let's face it, marriage is hard work. You will get out of it what you put into it. So have fun while you discover REAL RESULTS as you ROUND THE BASES.

For Individual Couple Use

All of the statements in which you or your partner disagreed with the desired response should be discussed using the baseball diamond technique. This will allow both of you to express your thoughts and feelings openly and with respect. You will need to use the Speaker/Listener technique (Fight Plan) and the Negotiation Tool that is in your study guide.

Each week you will have homework that is recommended. The homework is relative to the relationship in an effort to strengthen and improve quality time and communication. The homework is a good indicator as to how serious couples are at wanting to improve their relationship. Let's face it, marriage is hard work. You will get out of it what you put into it. So have fun while you discover REAL RESULTS as you ROUND THE BASES.

Round the Bases



Proverbs 18:13 (NIV)

¹³To answer before listening—that is folly and shame.

First Base - Identify the Issue

- The **D.A.R.E.** survey will extract issues that need to be addressed.
- Using the *survey results* reveal to each other your answers to each statement, then read the desired response. If either party answered in a way that does not support the desired response it is identified as an issue.
- Once identified as an issue, start rounding the bases.

Second Base - Validate the Issue

- Each person share why they answered the way they did, without bringing up the past, getting defensive or coming across as critical. You are simply sharing how the issue makes you *feel*, **without** sharing all the ways your spouse has failed you.
- Each person share how often this issue occurs and to what degree it is affecting you.
- Each party needs to validate what the other person is saying. Use the speaker/listener technique on 2nd base and this will confirm that you are both being heard accurately.

Third Base - Solution to the Issue

- Propose a detailed solution to your partner. Ask him/her if they can agree and commit to the solution offered. If he/she cannot accept the solution, then ask: “What can you accept?” or “What would you suggest that would be middle ground?”
- Have an open heart. Take steps towards each other.
- Negotiate, negotiate, and negotiate. In most cases, a middle ground can be found. The only situation in which you should never compromise your position is if you are asked to do anything immoral or illegal.
- Ensure that your solution includes the following: How? How much? How often? When?
- Details to your solution will give clarity to each party. When all the details have been agreed upon, you have SCORED! Take note of your commitment to each other.

General Notes

- Do not skip the bases or you may strike out.
- Do not run to third base from home plate.

Dig deeper with your questions if you need more detail. If you do not understand the issue or the solution, the issue will not get resolved.

Fight Plan: Speaker/Listener

1 Peter 3:1-2 Wives can win over husbands without words.

1 Peter 3:7 Husbands are to be considerate with their wives or prayers get hindered.

2 Corinthians 2:8 We are bound to love those who hurt us.

Every fight needs to have a plan that includes boundaries and rules. Use the following method as a guide to help navigate you through your next fight in a way that is healthy.

First Step

Check all boxes below that reflect only **your behavior** during arguments. Make a commitment to eliminate the (sinful) behavior and repent when you relapse. Start implementing words such as I feel... or I need... This approach is far more effective, less offensive and will get a much better response.

- Swearing
- Yelling
- Calling names
- Slamming doors and stomping off
- Throwing items, punching walls
- Pushing or hitting
- Pointing fingers
- Stonewalling or the silent treatment
- Using words: You Always, You Never, You ...

Second Step - Speaker/Listener

Speaker (first one to confront the issue)

- Speak on your behalf
- Share your version with respect
- Be brief and allow the receiver to paraphrase back to you

Listener (first one to listen)

- Paraphrase what you are hearing
- Do not rebut, get defensive or get angry
- Control your body language while listening and repeating

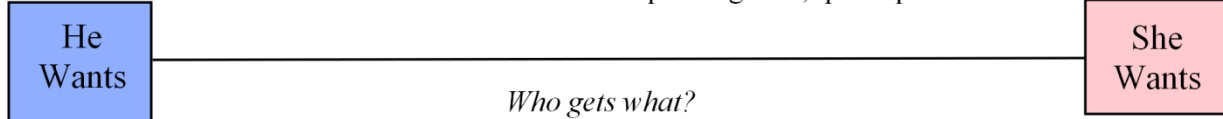
The Speaker should give the floor to the Listener when done. Roles are now reversed. The new Speaker/Listener follows the same steps.

The **'Fight Plan'** is not designed to solve problems. It's designed to ensure each of you is being "heard". Let time go by before you attempt to solve the problem. In the meantime, keep an open heart and mind, so when you do discuss the issue, the spirit of compromise is present.

Negotiation Tool

1 Peter 3:7 Husbands are to be considerate with their wives or prayers get hindered.

1 Peter 3:1-5 Wives are to acquire a gentle, quiet spirit.



What do they do when their wants/needs are opposite each other?

He wants to go fishing on Saturdays

She wants to do house projects on Saturdays

A healthy marriage is made up of two people with many differences who learn how to negotiate with *respect and love*.

Step ONE: Share/Listen

Each person share what you want.
No interrupting, negative body language or anger.
No rebutting.
Anger, criticism, negative emotion are all deal breakers.
(All negotiations are off when this occurs)

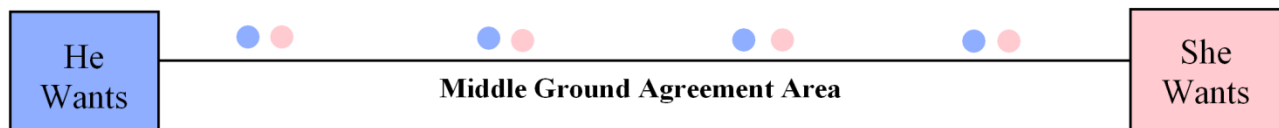
Step TWO: Discover Middle Ground

Ask each other these questions:
Where is the middle ground we both can agree to?
What steps can we take towards each other?
How can we both get what we need/want?

Step THREE: Agree on a Middle Ground

Come to an agreement during the middle ground conversation.
Each should take steps towards the other person. (unless steps are immoral)

A healthy relationship is when *each* person takes steps towards the *other*. Neither person is dominating the other.



Dots indicate how far each person navigated from their original position.

He decided to go fishing from 8:00 a.m. until 12:00 p.m. on Saturdays and help her with house projects from 1:00 p.m. until 5:00 p.m. Both get what they need/want.

Wrap-Up

In the weeks to follow you will be practicing *rounding the bases* using the **D.A.R.E** baseball diamond technique. Every week you will be challenged to utilize the Negotiation Tool and the Speaker/Listener technique to enhance your relationship. When these tools are used regularly, you will develop a habit of communicating with each other in a healthy way that can take your relationship to a new and deeper level.

Have an open spirit and a desire to look into your own heart to find areas that need dealt with. God is speaking to *you* and wants to get close to *you*.

James 4:8 NIV ⁸ *Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.*

Let this scripture be your mission over the course of this study... to come near to God and watch him do great things.

- If at any time during this study you feel this process is too difficult, contact your leader. You may benefit more from 1:1 mentoring or counseling.

Go and be Different!

Homework

Scripture to read and study:

Husbands be considerate with your wives
Fathers do not exasperate your children
Anger NEVER produces righteousness
Wives obtain a gentle quiet spirit
Wives win husbands over without words
Strive for peace and harmony

1 Peter 3:7
Ephesians 6:4
James 1:20
1 Peter 3:4
1 Peter 3:1
2 Corinthians 13:11



2nd Inning

Communication and Conflict Resolution

SECOND INNING

Communication and Conflict Resolution

Quote by George Bernard: The number one problem with communication is the illusion that it has actually taken place!

1. Satan _____ the words we share and the words we hear!

Never forget that Satan is a deceiver.

Genesis 3:4-5 NIV ⁴“You will not certainly die,” the serpent said to the woman. ⁵“For God knows that when you eat from it your eyes will be opened and you will be like God, knowing good and evil.”

2. He who speaks before he listens is a _____.

Proverbs 18:13 NIV ¹³To answer before listening—that is folly and shame.

Proverbs 15:1 NIV A gentle answer turns away wrath, but a harsh word stirs up anger.

Communication and Conflict Resolution

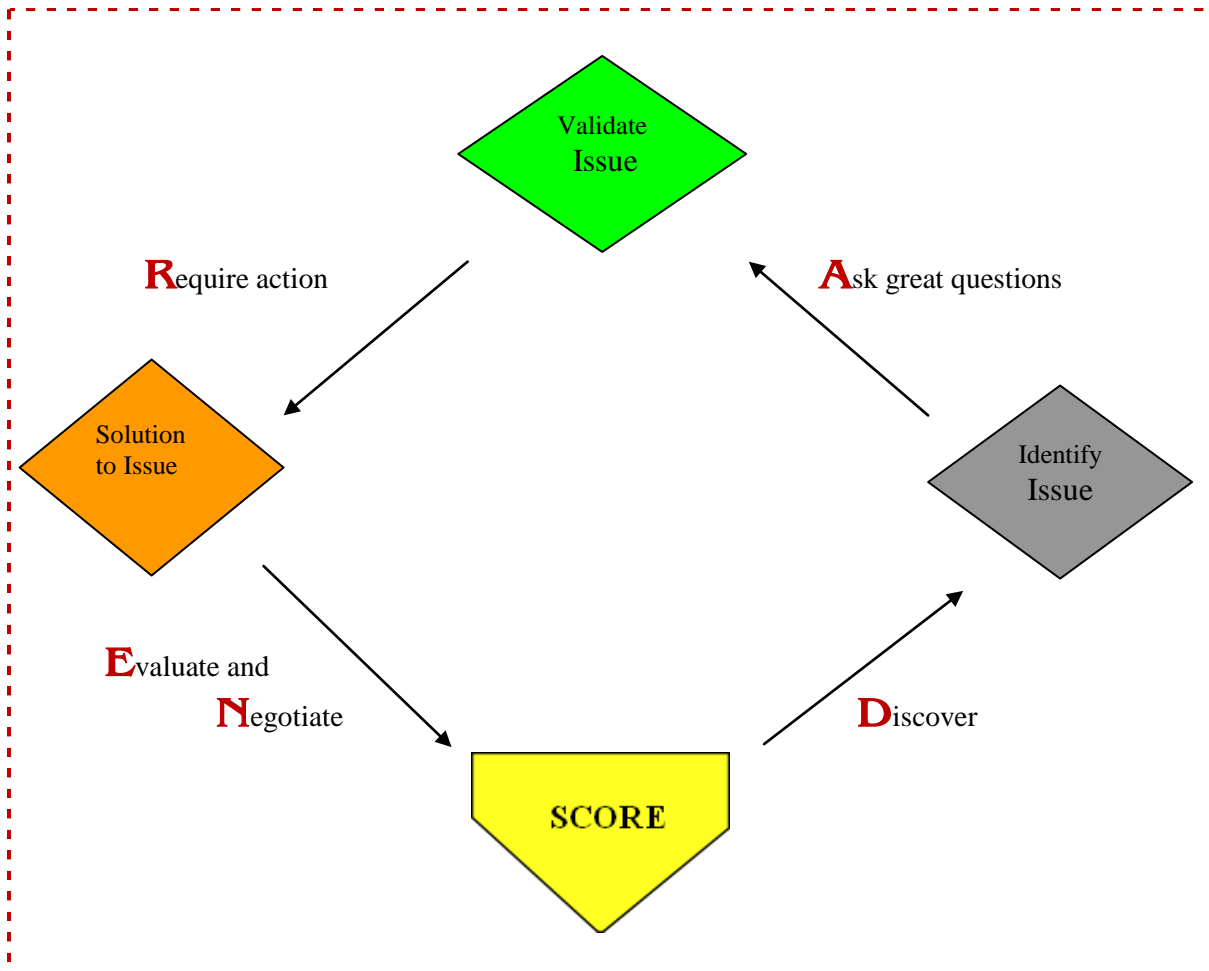
Place a check mark indicating *agree* or *disagree* for each statement.

If your response does not match the desired response, circle the statement.

STATEMENT	AGREE	DISAGREE	DESIRED RESPONSE
1. My partner has a hard time forgiving and letting go of past hurts.			D
2. We can usually settle our differences well.			A
3. I would rather “keep peace” in order to avoid conflict.			D
4. My partner supports me emotionally when I need it.			A
5. I feel my partner does not listen to me.			D
6. My partner talks down to me and makes me feel inadequate.			D
7. My partner and I usually find we disagree about the same topic repeatedly.			D
8. I struggle with saying “I’m sorry” even when I know I’m wrong.			D
9. I often get the silent treatment from my partner.			D
10. I feel my partner is not always honest with me.			D
11. Past abuse in my life has affected our relationship in a negative way.			D
12. We agree on what times during the day are better to discuss important issues.			A

Round the Bases

Use the **D.A.R.E.** baseball approach for each issue derived from the survey.



Proverbs 18:13 (NIV)

¹³ To answer before listening—that is folly and shame.

Classroom Notes

Solutions for Statement 2:

Pair up with another couple to “round the bases” on an issue derived from *your own survey*. As you round the bases on different issues, write the solutions relative to *your relationship* in the space provided below.

Wrap-Up

James 1:26 NIV ²⁶ *Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves and their religion is worthless.*

Acquire a spirit of cooperation with your spouse.

Try to communicate and problem solve in a way that says, I LOVE YOU.

Go and be Different!

Round the Bases at Home

This week spend time *rounding the bases* on each statement that you circled from your survey in this week's category of Communication and Conflict Resolution.

Use the Negotiation Tool and the Speaker/Listener technique to engage with love and respect. Control your body language, no rebutting or getting defensive. Remember, it is OK to have different opinions. God made you quite different from your partner on purpose. We need to embrace and appreciate those differences.

Once you have negotiated to an agreed upon solution, you have SCORED.

Use the space provided below to write down the solutions and commitments you made to each other this week.

Homework

Invest in your relationship by spending time doing the following exercise.

Husbands: List 10 reasons you love your wife.
Wives: List 10 reasons you respect your husband.

Share the lists with each other.

Purchase Discovery Cards at www.daretobedifferent.com.



This deck of cards is a great way for couples to connect and communicate by simply asking great questions. Discover more about each other as you develop a deeper understanding of each other. This is a creative communication tool that will strengthen your relationship in a fun and non-threatening way.

Scripture to read and study:

Your sin prompts your mouth

Stay silent and don't sin

Words sooth and destroy

Guarding your words protect you from harm

Gentle words carry power

Loose words make religion worthless

Words set the course of your life on fire

Job 15:5

Proverbs 10:19

Proverbs 15:4, Proverbs 18:21

Proverbs 21:23

Proverbs 25:15

James 1:26

James 3:5-9

