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# **WORKSHOP: Couple Relationship**

## **Facilitator's Guide Book**

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**Context:** the team of ENFANCE (a Pilipino NGO created by Inter Aide in 2003) started this kind of workshop to improve couple relationship in 2008 in Tondo, Manila, after having noticed that conflict between couple was one of the main hindrance for the family both to be able to save money (if the couple disagrees on how to use the money) and to solve other objectives identified during home-based visits (such as access to family planning or reducing addiction). Also, as the women were more available than the men during the home-based visits, the family counselor was identified more as “mother-counselor” rather than as family counselor and the fathers was reluctant to join a discussion or to share their personal feelings and story. Implementing and offering an activity to which both members of the couple had to attend was a good way to ensure the participation of the father.

After several evaluation and improvement done by the staff of ENFANCE and Violeta Bautista, psychologist and supervisor, the workshop was initially divided in 3 parts, each part during half a day.

The feedback of the 36 couples who attended this workshop between in 2008 and 2009 were very positive : Couple reported to discuss more about their common dreams, to make decision together and to fight less than before) but we were encountering a lot of difficulties to ensure couple attended the 3 parts of the workshops as husband were often working and as a result not available during the day and we had to cancel several planned sessions.

Therefore, in 2010, we decided to create a new module merging the 3 sessions in only one. Since then, 38 couples have attended 8 workshops and given the feedback of the couples, it still proved to be very effective.

Nevertheless, it was still very difficult for some couple to attend the workshop as the man was working during the day and could not commit to be available on one specific date. As a result, when a family is enrolled in the family development program and is regularly visited at home, and when there are couple conflict but the husband cannot commit to be available at a specific date, we are also doing very similar sessions (dividing this module in 3 sessions of 45 min) with the couple every time the husband happens to be available during a home-visit, adapting as such the conduction of the workshop to the availability of the couple.

Regarding the children, some couples were able to find a way so that somebody will take care of the children during the half day and otherwise, the children came to the workshops with their parents. We therefore always planned the facilitator to be accompanied by a co-facilitator who could take care of the children during the workshop.

Below is the merged module for a one time workshop with a target of 5 to 10 couples.

**Objectives:** By the end of this session, the participants will be able to:

- Communicate and listen to each other
- Express their individual and family dreams
- Identify ways to achieve their family dreams together

**Target population:** 5 to 10 couples (both partners have to participate to the workshop)

**In charge:** Family Counselor

**Time:** 2 hours and 30 min

**Session Plan :**

Sr.	Activity	Method	Time	Required Tool	Code Tool	Total Pieces
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1.	Introduction : Facilitator, participants	Discussion and song	<b>15 Min</b>	Pen, different objects, big paperboard	----	Various objects (umbrella, cotton, pen, scissor, flower, bottle, ...), 1 Manila Paper
2.	Getting to know each couple	Game	<b>15 Min</b>	Curtain and paper	----	1 curtain and 18 plasticized signage
3.	Learning positive communication	Discussion and writing	<b>30 Min</b>	Pen and paper	----	2 blank small paper and one pen per person
4.	Couple conflict: what are the positive and destructive conflicts?	Story and discussion	<b>15 Min</b>	Metacards of the story (not yet done)	----	Not yet done, can be simple storytelling
5.	Lecture about dreams	Discussion	<b>10 min</b>	----	----	----
6.	Expressing individuals and family dreams	Discussion, claying and writing	<b>40 min</b>	Pen and paper, clay, popsicle and matches	----	2 blank small paper and one pen per person, enough clay, popsicle and matches for everybody
7.	Promise of love	Drawing and discussion	<b>20 Min</b>	Candles, red carton paper, scissor, scotch	----	1 candle per couple, 1 red carton paper per couple, 1 scissor per couple, scotch
8.	Conclusion	Discussion	<b>5 min</b>	Leaflet about information on PPI and OPA.	----	20 leaflet about PPI and OPA
	<b>Total Time Required</b>		<b>2h30</b>			

**Delivery at the end of the Pulong:** short summary of Pulong's information



## INTRODUCTION

Duration: 15 minutes

### 1. Presentation of the Facilitator and the participants

The facilitator will introduce her name and function. Then he will greet the participants by saying “**Good morning to the husbands and wives here**”. *Participants response...* “**In behalf of Enfance team, we are very glad that most of the couples we invited are here**”. *Acknowledge each and every one...* “**We know that you have a very limited time but despite of that, you are here, in this workshop, which is evidence that you care for your couple and your family! Before we continue with our workshop, we should try to know more about each other through a song entitled “being married is not a joke”**”.

*Participants and staff will sing while passing a ball or a pen. When the song stops, the one with the ball will introduce oneself, choosing one of the objects (ball, candle, cotton, flower and bottle) put in front of them that represent him/her best and explaining why he/she chose this object. The facilitator will give an example.*

## PART I: GETTING TO KNOW EACH COUPLE

Duration: 15 minutes

### Objectives

- Participating couples will feel more at ease with each other
- Participants will start discussing about their own knowledge of their couple
- Couples will remember the pleasing moments of their courtship, the earlier years of their marriage and will put them in a “loving mood”.

### Method

- Game and feedback of the game

### Materials

- 1 curtain
- 18 plasticized signage

### Facilitation

*As an ice-breaker, the facilitator will explain that we will start by gathering people according to their common specificity. For example, from when they are coming from. Then he will place on the floor 1 paper with the answer written on it and ask the participant to stand in front of the paper fitting the best their situation*

#### 1. Place the three following paper on the floor :

- Manila raised
- Province raised
- Nearly Province

*The facilitator will then separate men and women in 2 groups (adapt if same-sex couple.). A curtain will be*



put between men and women. Then, as previously, the facilitator will ask a question and each participant will stand in front of the sign that is the best answer. The facilitator will then withdraw the curtain and comment on the results (with no negative implication if couple chooses different signs). Finally, the assistant will note the score on a board (1 point if same answer between husband and wife, 0 if different).

**Confidentiality:** explain to the participants that what they say/hear should not come out of the 4 walls of the room.

#### Questions :

1. How long have you been together?
  - a. 0-2 years
  - b. 3-5 years
  - c. 6 years and above
2. What month did you first live together?
  - a. Jan-March
  - b. Apr-June
  - c. July-Sept
  - d. Oct-Dec
3. Who introduced you to each other?
  - a. Friends
  - b. Relatives
  - c. co-worker
  - d. none of the above
4. Where did you first meet?
  - a. Party
  - b. Community
  - c. Work place
  - d. none of the above
5. (for men) Which part do you think your wife prefer on your face?  
(for women) Which part of husband's face you like most?
  - a. Eyes
  - b. Nose
  - c. lips
  - d. none of the above
6. (for men) Which part of wife's face you like most?  
(for women) Which part do you think your husband prefer on your face?
  - a. Eyes
  - b. Nose
  - c. lips
  - d. none of the above

Give the score for every couple.

Every couple will receive a small token. Depending on the situation, the facilitator will give them a prize for being (*only one price per couple, will depend on imagination of the facilitator*)

- being the winner in the game "Lets choose"
- being the 1st to arrive
- being the youngest or oldest couple (in year of the marriage)
- being very participative couple...

#### **Tips for Facilitators**

- *The facilitator can comment on what s/he sees for eg : "we have a newly married couple"*
- *If couple chose different sign, ask each of them why did they choose this or that sign and emphasize what they remember each other from their first meeting : even if they do not remember the same thing, they remember what was important for them and for their couple*

#### **Lesson Learned**

- After a while, couple sometimes forget the beginning of their relationship and how did they end up together on the first time, it can be good to discuss about it later and to remember it.

## **PART II: LEARNING POSITIVE COMMUNICATION**

Duration: 30 minutes



## Objectives

- Couple will experience a positive communication
- Couple will think about positive actions done by their partner (present and past) and will share it with each other

## Method

- Writing and discussion

## Materials

- 2 blank small papers per person
- 1 pen per person

## Facilitation

- 1) The facilitator will ask everybody: **“Think and write (optional if the member are illiterate) 3 things that your partner is doing that you like most?”**

Then he will give them a paper and ask them to formulate these three things in the format : “I like when \_\_\_\_\_ I feel \_\_\_\_\_”

*Example: I like when you fetch water before going to work. I feel like a princess*

- 2) Let the participants think and write the three things individually
- 3) Invite each couple to find a comfortable place within the venue, to face each other and to share what they wrote.
- 4) Proceed it one more time with the question : **“Think and write (if the participant is illiterate, he can chose to not write it or to be helped by the co-facilitator of the training 3 things that your partner was doing in the beginning of your couple life that you like most, and that s/he is not doing anymore ”**

*Example: I liked when you called me “love” I felt special.*

- 5) The facilitator ask all participants to gather in group and ask them :
  - What did you feel after talking to your love ones? Did you feel lighter? Did you like your partner more?
  - What do you like most in the activity? Why?
  - What important thing you learned in this activity?

## Tips for Facilitators

*It is important that they say verbally what they wrote and not only to show what they wrote to their partner*

## Lesson Learned

- Sharing with our partner about the things s/he does/used to do during the beginning of the relationship makes us feel better and can also remind us the real foundation of our love.
- Sometimes we just hide what we feel in our heart... Sometimes we tend to forget what our partner



does, we forget to say to him/her “thank you” or positive things like “take care”, “I love you” and to appreciate what he/she is doing.

- Sometimes we forget to listen to her/his opinion and we do not take enough effort to talk to him/her in a positive way.

### **PART III: COUPLE CONFLICT: WHAT ARE THE POSITIVE AND DESTRUCTIVE CONFLICT?**

Duration: 15 minutes

#### **Objectives**

- Participants will know how to and want to open a savings account

#### **Method**

- Storytelling and discussion

#### **Materials**

- Metacards (not done) or simple storytelling

#### **Facilitation**

- 1) The facilitator will use metacards or just tell the story below of Mr Good and Ms Good.

“Mr Good comes back from work and sees his wife playing cards in the neighbor’s house. He goes straight to his own house without saying anything to his wife. When he arrives, there is no food ready for him and the house is a mess. He goes out of the house and bumps into a friend drinking in the street. He joins him after having bought a bottle of alcohol from the near sari-sari store.

Later, Mrs. Good comes back home, where she sees her husband and his friend have returned, drunk. She goes to talk to Mr Good and asks him money to buy rice for the kids. Though, Mr Good spent all his money for buying liquor.

Mrs Good: “Why are you so irresponsible? What are your kids going to eat? You are nothing than a drunkard!” and she hits him

Mr Good is very ashamed to be so treated in front of his friend. He goes back home while the wife still shouts at him. Once in the house, the husband beats her. The wife replies with more insults and beating. He beats her again, until she goes to ask help to the Barangay tanod (leader of the community in charge of peace and order).”

*“Umuwi si Mr galing sa pamamasura, may dala pa itong kalahig at mga nakuha niya at nakita niya si misis na nag to tong-its sa kapitbahay dinaanan lang niya ito at dumiretso na ito sa bahay nila dahil nagugutom siya. Nakita niya na nakataob ang kaldero, makalat ang bahay..Na nakita niya sa kanilang bahay lumabas siya at nakita niya ang kanyang kumpare na nakatambay sa tindahan tinawag niya ito at niyayang uminom... umuwi si mrs. Galing tong itan na talo laglag ang kabilang braso habang si Mr ay lasing na , Tinawag ni mrs si mr upang manghingi ng pera pambili ng bigas pero wala na itong maibigay dahil pinang bili na ng alak, sinigawan ni mrs si mr, “ ano ka ba wala ka bang ipapalamon sa mga anak mo? gago puro ka nalang alak?! Mapahiya si mr at biglang umuwi sa bahay, sinundan parin ito ni mrs ng mga masasakit na salita!! At*



*pagdating sa bahay biglang sinuntok ni mr si mrs.... Lumaban si mrs. pero sa salita lang ,, sinampal na naman siya ni mr at biglang takbo ni mrs sa labas at nag sumbong sa tanod.”*

2) After the story, the facilitator will ask to the participants the following questions.

- Did you enjoy the drama? (*Nag enjoy po ba kayo sa drama?*)
- Are you familiar with the scene? (*Familiar po ba kayo sa eksena ng drama?*)
- Does this happen to married couples? (*nangyayari po ba ito sa mag-asawa?*)
- What Mrs Good/Mr Good did that added to the problem? (*Ano ang ginawa ni Mrs. Galing/Mr. Magaling nakadagdag sa problema?*)

*Expected answers: ( facilitator only)*

<b>Mrs Good</b>	<b>Mr Good</b>
Did not prepare food	Did not acknowledge the presence of the wife
Did not clean the house	Use all the money to buy liquor
Play cards and spend the money.	He is drunk
Insults her husband in front of his friend	He is not listening and answering to the wife.
Nags in the street/ beats the husband	Beats his wife

3) If you were in their place, what would you do to get a better ending? (*Kong kayo ang nasa katayuan ng mag-asawang ito anong pwede ninyong gawin para magkaroon ng maayos na pagtatapos?*)

*Expected answers (to be completed by facilitator if needed)*

- When the wife sees the husband coming back, she directly informs him that she was not able to cook because she had no money.
- The wife can finish her chores and buy food before going to play cards.
- When the husband discovers there is no food, he will buy rice in the shop and cook it.
- The husband spends only half of the money on liquor (budget his money) so the wife is still able to buy rice.
- The wife says: “Sorry I spent the money on tongits”. The husband says “Sorry, I spent the money on liquor”. Together, they agree that they have a problem as the kids need to eat, and go to ask food from a relative.

4) The facilitator will then ask “what is conflict?” (*Ano ba ang away?*)

*Expected answers ( to be completed by facilitator if needed)*

- When life partners don’t understand each other and verbal argument arises. The conflict can be serious and intense or only moderate, if what is said hurts a lot or not (*Nangyayari pag di nagkakaunawan, pag nagkakaroon ng pagtatalo. Pwedeng mtindi, pwedeng seryoso, pwedeng swabe ( palitan ng salita, samaan ng loob)*)
- Conflict is a normal part of the couple life. Don’t worry, it is not always destructive. It can be a way for both partners to express themselves. It can also help the relationship to maintain or strengthen. (*Normal na bahagi ng buhay mag-asawa. Goodnews .. di laging nakakasira minsan nakakatulong din ito para para lalong tumibay ang pagsasama*)

5) The facilitator will then ask how to prevent unhealthy conflict? (*Paano maiiwasan ng hindi malusog na away ?*)





*Expected answers (to be completed by facilitator if needed)*

- Listening to the other (*Makinig*)
- Understand what is the real reason of the conflict (*Alamin ang pinangga galingan*)
- Talk about it (*pag-uusapan*)
- Do not lose your temper (*Magpraktis ng self-control*)
- Learn how to forgive (*Matutong magpatawad*)

#### **Tips for Facilitators**

#### **Lesson Learned**

- Conflict often starts because partners blame each other and feel hurt. In this case, you would better talk about what you feel.
- Avoid giving “you” messages to your partner. Use “I feel” statements instead.

## **PART IV: LECTURE ABOUT DREAMS**

Duration: 10 minutes

#### **Objectives**

- Encourage each participant to express his/her dreams and to plan his/her future

#### **Method**

- Discussion

#### **Materials**

- None

#### **Facilitation**

1) What is a dream? (*Ano nga ba ang pangarap?*)

- Dream of night (*Pangarap*)
- Aspiration of the heart (*Lunggati ng puso*)

*Explain the difference about dreams when asleep and dreams when awake ( → aspiration in life).*

2) Who is entitled to dream?

- Everybody dreams.
- No one is too old to dream; young and old people dream;
- Both men and women dream;
- Rich and poor dream.

#### **Tips for Facilitators**

*(In case someone mentions s/he has no dreams): “It is not easy to dream when you feel your life is hopeless. It can happen that someone has no dreams. There are times when we don’t want to dream... May be you can use this time to think about a dream. Pick a realistic one in order not to be frustrated by a too difficult objective.”*



### Lesson Learned

- Everybody is entitled to dream.
- Dreaming helps to have aspiration in life and to try to improve it.

## PART V: EXPRESSING INDIVIDUALS AND FAMILY DREAMS

Duration: 40 minutes

### Objectives

- Encourage the participants to express their dreams and to plan their future

### Method

- Discussion, claying and writing

### Materials

- 2 blank small papers per person
- 1 pen per person
- enough clay, popsicle and matches for everybody

### Facilitation

- 1) The facilitator will ask everybody to create his/her own personal dreams through clay, popsicle sticks and matches. If participants don't feel comfortable with the proposed supports, they can also simply write it.  
*The facilitator will give example: heart for love, syringe for health, book for school...*
- 2) Then he will let the participants think and create their dream individually
- 3) Invite each couple to find a comfortable place within the venue, to face each other and to share what they created.
- 4) Then, ask each couple to put their dreams together and to create a common one.  
*The facilitator can explain that having a common dream might require to put away some other expectations, to prioritize objectives...*
- 6) Then the facilitator will ask everybody: **“Think and write (if the participant is illiterate, he can chose to not write it or to be helped by the co-facilitator of the training) 3 things that YOU can do in order to achieve these dreams. This will be your action plan”**  
Then he will give them a paper and ask them to formulate these three things in the following format:  
“In order to make these dreams true, I will \_\_\_\_\_”  
*Example: “In order to make these dreams come true, I will cook at home instead of buying cooked food in the street”*
- 7) Then he will let the participants think and write the three things individually.



- 8) Invite each couple to find a comfortable place within the venue, to face each other and to share what they wrote.
- 9) Then the facilitator will ask everybody: **“Think and write (if the participant is illiterate, he can chose to not write it or to be helped by the co-facilitator of the training) 3 things that you can do TOGETHER to achieve these dreams ”**  
Then he will give them a paper and ask them to formulate these three things in the format : “In order to make these dreams true, we, as couple, decide to do\_\_\_\_\_”  
*Example: “In order to make these dreams true, we, as a couple, decide to make sure our children have baon for the school everyday”*
- 10) Then he will let the participants think and write the three things individually
- 11) Invite each couple to find a comfortable place within the venue, to face each other and to share what they wrote.
- 12) The facilitator will ask all participant to gather in group and will ask them :
  - What do you like most in the activity? Why?
  - What important thing you learned in this activity?
  - If some participants wish to, invite them to share about their dreams and action plan to achieve them.

#### **Tips for Facilitators**

*It is important that they express verbally what they wrote to their partner rather than merely showing it.*

#### **Lesson Learned**

- It is important for every partner to know the dreams of the other but it is also important to have common dreams as a couple.
- It is much easier to realize a dream if we discuss about it and if we think together about what we can do to realize it.

## **PART VI: PROMISE OF LOVE**

Duration: 15 minutes

#### **Objectives**

- Conclude the workshop by strengthening the relationship between the members of the couple

#### **Method**

- Drawing and discussion

#### **Materials**

- 1 candle per couple
- 1 red carton paper per couple



- 1 pair of scissors per couple
- Scotch tape

### Facilitation

- 1) The facilitator will give a red carton paper to all couples and will ask them to shape a heart init with the scissors. Then the hearts will be split in two parts, i.e. one half for each partner who will write promises of love on it.
- 2) Then he will let the participants write it individually
- 3) Invite each couple to find a comfortable place within the venue, to face each other and to share what are their promises of love.
- 4) After sharing their promises of love, they will put the heart together with Scotch tape.
- 5) Finally, the facilitator will give one candle to each couple, for the partners to light it, have a private moment and then blowing it together

### Tips for Facilitators

*It is important that they express verbally what they wrote to their partner rather than merely showing it. .*

### Lesson Learned

- Promises to achieve something together have been made

## CONCLUSION

Duration: 5 minutes

The facilitator thanks all the participants for coming and asks them :

- How do they feel now?
- What are the main important things you learned today?

**Finally, the facilitator will end the Pulong by:**

- **Giving** a short summary paper of Workshop's information
- **Providing** the timetable of OPA
- **Providing** short information about PPI savings account

