

The Infidelity Recovery Institute

Now we begin the monologue process, a technique that has benefited many couples. A monologue occurs when you sit *knee-to-knee*, and one person talks for twenty minutes nonstop. The other spouse gives full attention to the presentation but is not allowed to ask questions, make comments, or evaluate in any way what is being said by the talking spouse. A watch (or a timer on the microwave) is a good way to maintain the twenty-minute time. When the twenty minutes are over, the two of you separate and let the conversation "percolate" in each of you. Much like the old percolating coffee-makers moving water through the coffee grounds, reflect and absorb the comments. Let them drip through your life experience; don't react right away.

Occasionally, if you are both enjoying the monologue and mutually agree to do so, either spouse may continue beyond the twenty-minute guideline. Later on in this workbook, you will be given some additional instructions for "tweaking" this model; but for now, keep it a simple monologue.

A Monologue

The topics are biographical in nature. Below is a list of topics that you can use to stimulate your recall for this discussion.

- The homes you lived in
- Your bedroom appearance
- Your schools; favorite and worst teachers
- How you spent your allowance and other money
- How your family celebrated holidays and birthdays
- Family vacation
- Pets
- How you spent your afternoons after school
- How you spent your weekends
- Favorite TV shows
- Best/worst decisions, experiences
- Best/worst dreams, pastimes
- Earliest memories (from birth to age nine)
- Chores
- Relationship with friends during this period
- Relationship with relatives during this period
- Sunday morning activity at your house
- Your family car during this period
- Parental conflict—over what and when
- Mealtimes at your house

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This list is not set in stone; you may add anything of a biographical nature to this list. Your first monologue will be from birth to nine years of age; the second monologue from ten to fifteen years of age; and the third monologue from sixteen to twenty-one years of age. In this last monologue, you will want to add age-appropriate experiences like part-time jobs, proms/dances, cars, college experiences, and sports teams you played on. One of you will do the monologue birth to nine on Monday; the other spouse birth to nine on Tuesday; the first spouse will do ten to fifteen on Wednesday, etc., until you complete the biographical monologue.

Below you can write some ideas that you want to bring up when it is your turn.

Birth to Nine Years:

Ten to Fifteen Years:

Sixteen to Twenty-one Years:
