

# Reflection Questions

## Natural Family Planning is . . .

### Online Video

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Please answer the Reflection Questions prior to the Marriage Preparation Course and bring the completed sheet with you. Thank you.

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1. What did I learn about Natural Family Planning (NFP) that I had not previously known?
2. The information that I found most surprising from the video was . . .
3. What has been my experience, either personal or of friends and family, with contraception?
4. What are some questions that I still have about NFP?
5. What are some fears that I have towards using NFP?
6. On a scale of 1-10, I found the video to be (please circle):

**Not Helpful**

1

2

3

4

5

6

7

8

9

10

**Very Helpful**

As part of the upcoming Marriage Preparation Course you will learn about NFP and be given the opportunity to have your questions answered by Sheila Reineke. She is a Certified NFP Instructor and NFP Program Coordinator for the Diocese of St. Cloud. Sheila and her husband, Vince, have used NFP successfully throughout their 28 years of marriage.

If you have questions or concerns, contact her at [sreineke@gw.stcdio.org](mailto:sreineke@gw.stcdio.org) or 320-252-4721 ext. 308.