

Dialogue Letter to my Spouse

1. The Dialogue Question is: _____

2. Brief prayer: _____

3. Dear: _____
4. One of your finer qualities today is: _____
5. The answer to the Dialogue question in one sentence is: _____

6. My feelings from the feeling word list are _____, _____,
_____, _____, _____, _____
7. My strongest feeling is: _____
8. The physical sensation is _____
(palms are sweating, heart is racing, breathing is shallow, I'm frozen like a statue, etc.)
9. On a scale of 1 – 10, the intensity of this feeling is a _____
10. This feeling looks like the color _____
11. It tastes like _____
12. It smells like _____
13. It sounds like _____
14. If the feeling were an act of nature it would be _____
(fire, flood, storm, volcano, earthquake, breeze, sunset, cool rain, sunshine, etc.)
15. If it were an animal it would be a _____ when they _____

16. Create a word picture – “hopeless” like “I’m hanging from a cliff and realize there’s no rescue party coming to save me.” The feeling is like: _____

17. It’s like that scene in the movie _____ where (actor or character) _____ says or does _____

(or use an example from music, TV, cartoons, Bible passages, etc. be creative)
18. Another time we may have shared a feeling like this was when _____

19. Sign your letter affectionately: Love, _____
20. Select the next Dialogue Question: (write it on the top on a clean form)