

Dialogue Letter to my Spouse

“Feelings are Neither Right nor Wrong”

Dialogue Question? _____

Brief Prayer: _____

Dear: _____

One of your finer qualities today is: _____

Answer to Question in 1 sentence: _____

HDIFAMA - How do I feel about my answer? HDIFAT - How do I feel about that?

My feelings from the word list: _____, _____, _____,

My strongest feeling is: _____ (P = Physical I = Image M = Memory Shared)

P - The **P**hysical Sensation is _____

(palms sweating, heart racing, shallow breathing, stomach in a knot, frozen like a statue, ect)

I - Scale of 1 to 10 _____ **I** - If my feeling were a Color, it would be _____

Describe color: _____

I - If my feeling were something in Nature, it would be like _____

(fire, flood, volcano, gentle breeze, sunset, cool rain, sunshine, etc.)

I - An Image of my feeling would be _____

I - Smells like _____

I - Sounds like _____

I - Tastes like _____

I - If my feeling were a Sport, it would be _____

I - If my feeling were a animal, it would be _____

I - If my feeling were a scene in a Movie, it would be _____

(or use an example from music, TV, cartoons, scripture, etc. ... be creative)

M - As a Shared **M**emory, a time we might have shared a similar feeling was _____

Sign your letter affectionately (Love or Sincerely) _____

Select the next Dialogue Question: _____

“I Cannot Change My Spouse”