

Dialogue Letter to my Spouse

"Feelings are Neither Right nor Wrong"

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1. The Dialogue Question is: _____

 2. Brief prayer: _____

 3. Dear: _____
 4. One of your finer qualities today is: _____
 5. If a 2 part question, the answer to the 1st question in one sentence is: _____

 6. My feelings from the feeling word list are _____, _____,
_____, _____, _____, _____
 7. My strongest feeling is: _____
 8. **P** - The **P**hysical sensation is _____
(palms sweating, heart racing, breathing shallow, stomach in a knot, I'm frozen like a statue, etc.)
 9. **I** - On a scale of 1 – 10 my _____ feeling is a _____
 10. **I** - If my _____ feeling were a color it would be _____ like

 11. **I** - If my _____ feeling were something in nature it would be like _____
_____ (fire, flood, volcano, breeze, sunset, cool rain, sunshine, etc.)
 12. **I** - An image of my _____ feeling would be like _____

 13. **I** - My _____ feeling would smell like _____
 14. **I** - My _____ feeling would sound like _____
 15. **I** - My _____ feeling would taste like _____
 16. **I** - My _____ feeling is like _____ (sports activity)
 17. **I** - If my _____ feeling were an animal, it would be _____
 18. **I** - It's like that scene in the movie _____ where (actor or character)
_____ says or does _____

(or use an example from music, TV, cartoons, scripture passages, etc. be creative)
 19. **M** - As a shared **M**emory, I feel _____ like when we _____

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