

Common Errors During Dialogue



Common Errors Made During Writing Letters

- ⊗ Blaming your spouse for your feelings
- ⊗ Bringing up the past
- ⊗ Saying "I feel *that...*" or "I feel that *you...*"
- ⊗ Not using a feeling
- ⊗ Not describing your feeling
- ⊗ Justifying/Explaining reasons for your feeling
- ⊗ Using the words "why" and "because"

Common Errors Made in the Shared Dialogue

- ⊗ Not using prime time or prime place
- ⊗ Wrong atmosphere to begin and not entering dialogue with openness
- ⊗ Not picking a question ahead of time
- ⊗ Arguing about the question
- ⊗ Not setting writing/dialogue time
- ⊗ One is not prepared at dialogue time
- ⊗ One is not writing the entire writing time
- ⊗ Commenting during the exchange of notebooks
- ⊗ Not reading letter twice (once from the heart and once out loud)
- ⊗ Correcting errors in your spouses letter
- ⊗ Non-verbals while reading your spouses letter
- ⊗ Arguing about who starts verbal dialogue first
- ⊗ Letting interruptions occur during writing/dialogue time
- ⊗ Jumping back and forth on each others feelings during dialogue
- ⊗ Saying, "You shouldn't feel that way" or "I didn't mean to do or say that"
- ⊗ Judging your spouses feelings
- ⊗ Using your own response feeling to get off track
- ⊗ Not picking a question for the next dialogue time
- ⊗ Getting upset and stopping the dialogue by walking out