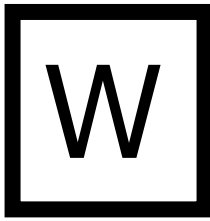


Dialogue Procedures



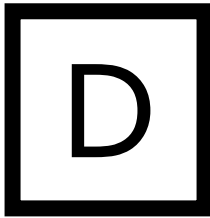
rite

- ☺ 10 minutes minimum
- ☺ Prime time
- ☺ No need to write at the same time
- ☺ Focus on *naming* feelings and *describing* them
- ☺ Have a good attitude when you start



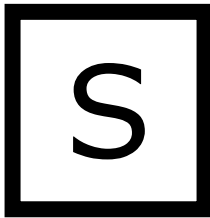
xchange

- ☺ Respectfully
- ☺ In silence
- ☺ No comments
- ☺ No negative non-verbals



ialogue

- ☺ Dialogue is an act of love where you discover the uniqueness of your partner
- ☺ 10 minutes maximum
- ☺ Prime time
- ☺ Prime place
- ☺ Begin with the strongest feeling in each letter
- ☺ Try to experience the feeling your spouse is expressing to you and mirror back with a past experience when you might have felt the same
- ☺ Listen with your heart, try to find the person revealed beyond the words



elect

- ☺ Select a question right away for tomorrow
- ☺ Take turns selecting questions
- ☺ Make up questions, but be sure the questions ask for *feelings*
- ☺ Don't always dialogue on difficult topics. Dialogue on pleasant positive things in your relationship as well