Dialogue Procedures

Write

😊 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

Exchange

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

Dialogue

😊 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

Select

😊 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