

# 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 1<sup>st</sup> 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)