



Dialogue Daily

How to Dialogue

Writing Letter

1. Start Timer
2. Salutation
 - Write something nice about your spouse
 - Write a short prayer
3. Answer question
 - Identify top 3 feelings – Positive or Negative
4. Describe your feelings
 - Write about Strongest feeling
 - Use PIM format
5. Sign Letter
6. Send/Exchange Letter

Sharing Letter

1. Start Timer
2. Read Letter
 - Read once for clarity and understanding
 - Read a second time focused on spouse's feelings
3. Dialogue
 - Focus on FEELINGS ONLY
 - Partner will confirm your understanding
 - (No discussions or arguments)
4. Select next day's questions
5. Thank spouse