



Dialogue Daily Template

Dialogue Question _____

Dear _____,

Prayer: _____

Positive Spouse Affirmation: Thank you for _____

My answer to the above dialogue question is _____

My feeling about my answer to the above dialogue question is _____

If my _____ feeling were a physical sensation it would be like _____

On a scale of 1 to 10 my _____ feeling is a _____.

A color that comes to mind describing my feeling is _____

like _____

If my _____ feeling were something in nature, it would be like _____

An animal that I am thinking of that reminds me of my feeling is a _____

like _____

A shared memory that helps describe my _____ feeling is when we _____

Thank you for sharing with me today.

Love,

Dialogue Question for tomorrow is: _____