



## Dialogue Daily

# What is WEDS

### W = Write

- 10 Minutes Minimum
- Prime Time
- No need to write at the same time
- Focus on naming and describing feelings

### E = Exchange

- Respectfully
- In Silence
- No Comments
- No Negative or Non-Verbals

### D = Dialogue

- 10 minutes Minimum
- Prime Time
- Prime Place
- Begin with Strongest feeling
- Try to experience the feeling
- Mirror the feeling to spouse
- Listen with your heart
- Listen beyond the words

### S = Select

- Select next DIALOGUE DAILY question
- Take turns selecting the question
- Make up questions
- Don't always select difficult topics
- Choose positive and pleasant topics