Helpful Suggestions for Dialogue

· Ignore grammar or spelling mistakes, they aren’t important.
· Don’t bring up old hurts or mistakes (“garbage dumping”).
· “Why” and “because” don’t belong in your dialogue; there is no need to justify your feelings.
· Keep the focus on your feelings by using “I” messages instead of “you” messages.
· Avoid blaming others for your feelings or behaviors (phrases like “You make me feel” or “I feel like this because you did/ didn’t do something”).
· Whatever your spouse writes has value no matter how much is written.
· Avoid making critical judgments.
· Allow your spouse to share without interruption.
· Don’t expect your spouse to change simply because you shared your feelings.
· Spend your full time together talking about and continuing to draw out the feeling you decided to explore.