

Having Trouble Remembering How to Dialogue?

**There's no need to attend another Weekend...
just follow this easy-to-use dialogue worksheet!**



Feel free to customize for your own needs!

Created, with love, by Eric ♥ Denise Hoell

Hearts on Fire WEDS

WEDS Dialogue Worksheet

10/10 Question:

Briefly describe the situation or event related to your answer to the 10/10 question so that your lover can relate to it:

Take a moment to reflect on the situation above. What is the strongest feeling that comes to mind? (Feel free to use a list of feeling words to help isolate your strongest feeling.)

Rate the intensity of your feeling on a scale of one to ten: _____

Using only the feeling you isolated above, describe your feeling for all five of your senses. (This may be challenging, but it gets easier each time you use this technique.)

My feeling tastes like:

My feeling sounds like:

My feeling feels like:

My feeling smells like:

The color my feeling is associated with is:

Is there another time when you felt similar to this: Yes/No

If yes, briefly describe this time.
