

*Renew your relationship
every day!*



GATN-wwme.org

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Online wwmeatlanta.com/docs/Feelings-Pamphlet.pdf:



STAY CONNECTED

WITH

DIALOGUE

AT HOME!



worldwide

**marriage
encounter**

Communication Key:

Feelings are the foundation of intimate communication.

Feeling Definition:

A feeling is a spontaneous inner reaction to a person, place or situation.

I Think vs. I Feel Rule:

If I substitute “I think” for “I feel”, and the sentence still makes sense, I have expressed a thought, opinion or judgment, not a feeling.

Example:

1. **“I feel you are upset.”** This is a judgment (opinion), not an expression of a feeling because “I think you are upset” makes sense.
2. **“I feel peaceful”.** Peaceful is a feeling, because “I think peaceful” does not make sense.

Feeling Points to Remember:

1. Feelings are neither right nor wrong.
2. Feelings come and go.
3. Feelings can be weak or strong.
4. Feelings can be described by intensity, a scene in nature, taste, color, texture, image, sound, physical reaction, common experience, smell, etc.
5. Feelings reveal more of the real me than just my thoughts.

Four Basic Human Needs:

1. The need to love or to be loved.
2. The need for self-worth.
3. The need to belong.
4. The need for autonomy (defined in WWME as the freedom to be myself, within our relationship, not to be confused with “I need my space to do whatever I want”).

NOTE: *Our feelings often flow from our 4 basic human needs that we are or are not able to meet at a given time. If a situation arises when you are feeling good about yourself, your spontaneous inner reaction (feeling) will probably be much different than your reaction to the same situation when you are doubting your worth.*

Goal of Dialogue:

The goal of dialogue is to transform the conversation between spouses into *intimate communication*. During our *verbal dialogue*, together we strive to experience our spouse’s feeling. The core of who we are and how we behave is rooted in our feelings and our feelings flow from our 4 basic human needs.

OTHER CONCEPTS TO HELP KEEP YOUR RELATIONSHIP A PRIORITY

Love is more than a feeling. **“To Love is a Decision”** is an act of my will. We have the opportunity to make decisions to love every day. Making a decision to love can pull us out of the stage of disillusionment. Making decisions to love in big and small ways every day, lead us to the stage of joy in our marriage.

Listening involves all of me, not just my ears. To be a good listener one must listen with their ears, heart, mind and eyes (observing the non-verbal communication — what is said in body language, as well as the spoken words).

Ongoing Re-evaluation in our relationship can keep us from drifting apart. We can choose periodic dialogue questions focusing on various aspects of our relationship (i.e. how we spend our time, the “atmosphere” in our relationship, our current “romance” level, etc.). Don’t forget, we write 2-3 sentences about the topic and spend the rest of the writing and verbal dialogue time focusing on our strongest feeling by trying to “paint a picture” of that feeling with our descriptions.

Ways to Enhance our Dialogue Experience:

Before we begin answering the question, we can include a short prayer intention and/or a one sentence comment about a personal quality of our spouse that we appreciate. The quality is not something nice they have done, but rather an internal quality you noticed about them today (i.e. kind, cheerful, thoughtful, considerate, etc.).

Example:

Lord, please keep spouse name safe during this week. A quality of yours I appreciate today is compassion.
(These first 2 steps will help us to invite Jesus into our lives and focus on our partner).

Dear spouse name,

We begin our love-letter by writing 2-3 sentences about the topic and then spend the rest of the writing time focusing on and describing our strongest feeling. After we have shared our written letters, we decide together which strong feeling we will try to experience. We spend a maximum of 10 minutes during this *verbal dialogue* time trying to experience the chosen feeling.

PHYSICAL SENSATIONS, NOT FEELINGS (EMOTIONS):

These words can be used to **describe** your feeling

achy	faint	nauseous	sluggish
alert	famished	numb	stimulated
bloated	fatigued	parched	strong
chilly	feverish	puny	tense
dazed	feeble	ravenous	tremulous
dizzy	flushed	rested	tired
drained	frail	restless	vigorous
drowsy	jittery	revived	warm
energetic	jumpy	robust	weary
exhausted	lethargic	sickly	
grimy	lightheaded	shaky	
hungry	listless	sleepy	

PROBABLE JUDGMENTS rather than FEELINGS:

Some of these words can lead to blaming and/or arguing.

abandoned	dishonest	innocent	sinful
accepted	disloyal	insignificant	skilled
appreciated	efficient	irresponsible	slandered
attacked	exonerated	neglected	successful
attractive	flawed	negligent	supported
belittled	forgotten	obsolete	talented
blessed	forsaken	ostracized	ugly
cherished	fortunate	overburdened	unattractive
capable	friendless	perfect	undesirable
careless	guilty	persecuted	unimportant
cheated	heroic	productive	unreliable
corrupt	immoral	protected	unsuitable
cowardly	imperfect	punished	untrustworthy
criticized	inadequate	qualified	unworthy
deceitful	incapable	rejected	useless
defective	incompetent	reliable	victimized
deficient	indebted	respected	wicked
degraded	ineffective	responsible	worthless
deserted	inefficient	ridiculed	
disgraced	inept	shunned	

Writing Our Love-letter:

- Select a question (online at <http://gatn-wwme.org/dailydose.php>, from calendar, or any situation pertinent to our relationship). Write at a time that is convenient for you individually. It is not necessary for us to be together to write our love-letters.
- Answer the dialogue question, sharing your thoughts, in 2-3 sentences. Then, reflecting on your answer, get in touch with your feeling(s).
- Name your feeling(s) and write it/them in your letter.
- Decide which feeling is the **strongest** and describe your feeling in as many ways as possible. (intensity, a scene in nature, taste, color, texture, image, sound, physical reaction, shared experience, smell, etc.). Limit your writing time to 10 minutes.

Exchange & Verbal Dialogue:

- “Prime time” is the ideal for this step, but **any time** is better than not at all. Our prime time will change as our life changes.
- Decide which of our letters had the stronger feeling and explore that feeling further during our verbal dialogue.
- Limit the verbal dialogue to no more than 10 minutes. More than 10 minutes leads to problem solving or focusing on the situation, rather than **experiencing** the feeling.
- Focusing on *feelings* is heart-to-heart communication, focusing on the *situation* is head-to-head communication.

Questions for Verbal Dialogue:

- Can you tell me more about your feeling?
- How **strong** is your feeling on a scale of 1-10?
- Do you experience any strong **physical sensations** when you have this feeling?
- What does your feeling **sound** like?
- What **color** do you think of when you experience this feeling?
- What **taste** would best describe your feeling?
- Can you describe your feeling in terms of a **scene in nature**?
- What do you see yourself doing (in your mind’s eye) when you have this feeling? Is it pacing, withdrawing, jumping up and down, giving high-fives, etc.?
- Have there been **other times** when you experienced this feeling?
- Is your feeling like _____? (Give an example of what you think the feeling might be like).
- Is your feeling like the time when we _____? (Give an example of when you think you both may have experienced this same feeling).

FEELINGS (EMOTIONS) WHEN NEEDS ARE BEING MET:

admiration	encouraged	intrigued	sentimental
affection	enchanted	invigorated	serene
amazed	enlivened	jolly	sexy
amorous	enraptured	joyful/joyous	spellbound
amused	enthralled	jubilant	surprised
appreciative	enthusiastic	light-hearted	sympathetic
ardent	entranced	love/loving	tender
aroused	euphoric	lovesick	thankful
astonished	excited	lust/lustful	thrilled
awed	exhilarated	mellow	tranquil
awestruck	expectant	merry	triumphant
bittersweet	exuberant	nostalgic	vibrant
blissful	fascinated	optimistic	wistful
calm	fearless	overjoyed	wonder
carefree	fond	passionate	wonderment
charmed	fulfilled	peaceful	zeal/zealous
cheerful	genial	placid	
comfortable	giddy	playful	
compassion	glad	pleasant	
confident	gleeful	pleased	
content	grateful	proud	
curious	happy	rapturous	
dazzled	hopeful	reassured	
delighted	humble	refreshed	
determined	impassioned	relaxed	
eager	incredulous	relieved	
ecstatic	infatuated	resolute	
elated	inspired	satisfied	
enamored	interested	secure	

FEELINGS (EMOTIONS) WHEN NEEDS ARE NOT BEING MET:

afraid	devastated	frightened	perplexed
aggravated	disappointed	frustrated	pessimistic
agitated	disbelief	furious	pity
alarmed	discomfort	gloomy	puzzled
ambivalent	disconsolate	glum	rage
angry	discontent	grief	regretful
angst	discouraged	hatred	remorseful
anguish	disdain	heartbroken	repulsed
annoyed	disgruntled	hesitant	resentful
anxious	disgusted	hopeless	sad
apathetic	disheartened	horny	scared
appalled	dismal	horrified	scorn
apprehensive	dismayed	hurt	shocked
ashamed	displeased	impassioned	skeptical
awkward	distraught	impatient	skittish
baffled	distressed	incensed	sorrowful
bewildered	distrustful	indifferent	sorry
bitter	disturbed	indignant	startled
bored	doubtful	infuriated	stressed
brokenhearted	downcast	insecure	surprised
cautious	downhearted	irate	suspicious
cheerless	dread	irked	terrified
concerned	dreary	irritated	timid
confused	edgy	jealous	trepidation
contempt	embarrassed	leery	troubled
contrite	empty	loathing	uncomfortable
covetous	enraged	lonely	uneasy
cross	envious	lonesome	unhappy
defiant	exasperated	mad	unnerved
dejected	fainthearted	melancholy	upset
depressed	fearful	mournful	uptight
desolate	forlorn	nervous	wary
despair	frantic	outraged	woeful
despondent	fretful	panic	worried