

*Renew your relationship  
every day!*



**wwme.org**  
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Online [wwmeatlanta.com/docs/Feelings-Pamphlet.pdf](http://wwmeatlanta.com/docs/Feelings-Pamphlet.pdf):

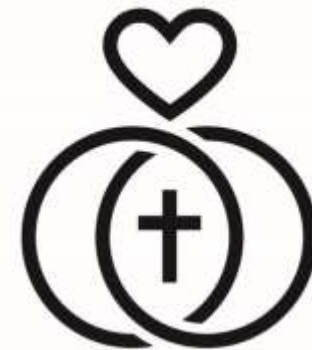


**STAY CONNECTED**

**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://wwmeatlanta.com/dd/>, from a jar of cut-up questions, 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       |