

Verbalize Feelings

In this drill you will explore the power of feelings. Sharing your feelings unlocks the door to empathy and intimacy. Feelings also make it easier for your spouse to hear what's on your mind.

In this exercise you and your partner will begin to experience the potency of sharing feelings.

You will need a door key (any house or lock key will do). The key symbolizes your desire to open your inner experience to each other.

Take turns passing the key as you read out loud the dialogues below. Pass the key as each time you shift speakers.



Dialogue 1

Partner A:

(passing the key)

I feel curious.

Partner B:

(using the key to open the door to understanding)

About what?

Partner A:

(passing the key)

I feel curious about how this drill will go.



Dialogue 2

Partner A:

(passing the key)

I feel excited.

Partner B:

(using the key to open the door to understanding)

What are you feeling excited about?

Partner A:

(passing the key)

(fill in your own response).



Dialogue 3

Partner A:

(passing the key)

I feel _____ (insert your feeling word).

Partner B:

(using the key to open the door to understanding)

About what?

Partner A:

(passing the key)

I feel _____ about _____.



Dialogue 4

Partner A:

(passing the key)

I feel _____ (insert your feeling word).

Partner B:

(using the key to open the door to understanding)

About what?

Partner A:

(passing the key)

I feel _____ about _____.

To Conclude:

Repeat this conversation several more times.

Try some of these feeling words:

surprised, delighted, confused, annoyed, happy,
loving.