



WHY DO WE DIALOGUE? A Sharing On Commitment To Dialogue

We ended our experience with great feelings inside, and expected that our continuing dialogue and encounter with each other would be the same. But we found that great feeling began to wear off without commitment to our daily dialogue. Many times we found that our dialogue seemed to be a drag and thought “Why continue?” We had to find the answer to that question ourselves as we learned that 10 & 10s break down the barriers and help us develop more trust in our spouse than we even left the experience with.

During our experience, dialogue and openness brought us closer to one another, and we saw how much emptier our life had been, and we saw again how empty life could become when we didn’t dialogue. We could always share the joy and excitements in our daily routine, but the hurts and hard feelings were not so easy to admit, let alone to share. We couldn’t heal our own hurts, but we could heal each other’s if we just allowed it to happen through the openness and honesty of our daily dialogue.

A benefit of our daily 10 & 10 was that the 10 minutes of writing and 10 minutes of reflection kept us constantly digging into ourselves to see how we felt about something. And in our 10 minutes of dialogue we learned more about what made our spouse tick as well as ourselves. It helped us learn more about ourselves as we heard our feelings being understood in the words of our spouse as he/she fed feelings back to each other, perhaps using an incident of his/her own where he/she may have felt similar feelings. All of us want to know more about the people we love and about the deep feelings they have that cry out to be listened to. And all of us want to be better known.

Daily dialogue continues to build a new openness to one another. Just as on our experience, through dialogue we begin to tear down walls sometimes we don’t even realize are there. Because, like many people, we are undisciplined, we sometimes skimp on our dialogue, but we feel the consequences of not writing and dialoguing daily.

One way to keep ahead of today’s world robbing us of our commitment to daily dialogue is to constantly keep asking ourselves. . . what more can I do to make our dialogue more meaningful? Am I staying open and do I really feel the way I am writing or am I just writing down I think my spouse wants to hear?

Dialogue is not a thing – dialogue is both of us on an adventure of discovery. We once thought dialogue was a duty. . . “If we don’t dialogue we are not a good encountered couple.” We judged that if we missed a day or two there was no sense in starting again. However, every dialogue is helpful to us and to our relationship, and every day is a new chance to start again.

