

Sample Dialogue Letter

A 10-minute Dialogue Letter takes up about 2 pages in a standard sized journal. Here is a sample of what our dialogue letters look like. We hope this will help you find your own favorite way to write your love letter. If you are trying to dialogue, then you are doing it right! Take 10 minutes to WRITE your letter. Take 10 minutes to VERBALLY dialogue on ONE feeling. Then close your books and chat if you'd like.

Dear _____

Thoughts

YMEQT (Your Most Endearing Quality Today) is _____

I think _____

Feelings Description

My strongest feeling about this is (name your feeling) _____

My _____ feeling is a (#) _____ on a scale from 1 to 10.

If my feeling had a taste it would taste like _____

If I could touch my feeling it would feel like _____

If my feeling had a color it would be _____

If my feeling had a sound it would sound like _____

Physically, this feeling makes me want to _____

My feeling reminds me of the time when we both _____

If my feeling were a scene in nature it would look like _____

If my feeling were an image of a picture it would look like _____

If my feeling were a scene in a movie, play, video game, or sport, etc. it would be the scene when ... or the time when

Love, _____