



## **WHY DO WE DIALOGUE?**

### **A Sharing on Commitment To Dialogue.**

We left the weekend with great feelings inside, and expected that our continuing dialogue and encounter with each other would be the same. But we find that that great feeling began to wear off without commitment to our dally 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 10/10's break down the barriers and help us develop more trust in our spouse than we even left the weekend with.

On the weekend, dialogue and openness brought closer to one another and we saw how much emptier our life had been, and we see again how empty life can become when we don't dialogue. We can always share the joy and excitements in our daily routine, but the hurts and hard feelings are not so easy to admit, let alone to share. We can't heal our own hurts but we can heal each other's if we just allow it to happen through the openness and honesty of our dally dialogue.

A benefit of our daily 10/10 is that the 10 minutes of writing and the 10 minutes of reflection keeps us constantly digging into ourselves to see how we feel about something . . . and in our 10 minutes of dialogue we learn more about what makes ourselves and our spouse tick. It helps us to learn more about ourselves as we hear our feelings being understood in the words of our spouse as he/she feeds my feelings back to me, perhaps using an Incident of his/her own where she/he 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 weekend, through dialogue we began to tear down walls sometimes we didn't even realize were there. Because, like many people, we are undisciplined, we sometimes skimp on our dialogue, but we all feel the consequences of not writing and dialoging daily.

One way to keep ahead of the modern world robbing us of our commitment to dally 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 down or am I just writing down things I think my spouse want to hear.

Dialogue is not a thing, dialogue is both of us on an adventure of discovery. We once thought that dialogue was a duty, "if we didn't dialogue we were 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.

When we first went home from our weekend, we saw that we had changed but everything and everyone around were the same. At first the urgency to keep the beauty alive was intense, but, slowly as ice melts we allowed our gift to escape. Maybe it was because we did not understand the concept. Sometimes when we dialogued at home the results were not as overwhelming as on the weekend and sometimes it was the fact that this became just another activity in our already busy day. Perhaps our dialogue was a strange activity with no immediate visible results. And we had no couples to talk with and see their struggling or hear bits and pieces here and there about their frustrations and their fear that they were not doing it right. Dialogue has now become a way of life in which we learn to say I love you, I need you, forgive me and I forgive you. It is no longer something apart from our daily life. When we live this way, we focus more on each other instead of just on ourselves and learn to live more for each other.

A key point for us in continuing to dialogue is to dialogue with an openness to change. If we see something that adds little to our relationship, and we express and are aware of our feelings in this area, then we gain nothing by continuing on this way. As we become more open to change, we begin to find areas in which we can grow and love and receive more and more.