

Retrouvaille Dialogue Technique

Question: _____

How Do I Feel About My Answer?

Salutation: Dear _____

Answer Question: _____

After answering the question, describe the feeling in the following ways:

Physical sensation: If my _____ feeling were a physical sensation, it would be like _____

On a scale of 1 to 10 (with 10 being the highest): The intensity of my feeling is a _____

Color: My feeling is the color of _____

Example from Nature: My feeling is like _____

Image: My feeling is like the image of _____

Shared Memory/Past Experience: My _____ feeling is like when we _____

Signature _____