



## TIKKUN HABRIET DIALOG LETTER TEMPLATE

Date: \_\_\_/\_\_\_/\_\_\_

**Question:** (Avoid: Why, Because, I feel that) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Second Part if needed:** (HDIFIMA, HDIFAT, DMFF, HDIFSTWY, HDIFTYT, \_\_\_\_\_)

**Prayer:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Dear** \_\_\_\_\_

**Affirmation:** \_\_\_\_\_

\_\_\_\_\_

**Answer Question: I feel** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_ **about writing letters to you today.**

**If my** \_\_\_\_\_ **feeling were a physical sensation it would be like** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**On a scale of 1 to 10, my** \_\_\_\_\_ **feeling is a** \_\_\_\_\_



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If my \_\_\_\_\_ feeling was a color, it would be like \_\_\_\_\_

\_\_\_\_\_

If my \_\_\_\_\_ feeling was something in nature, it would be like

\_\_\_\_\_

\_\_\_\_\_

If my \_\_\_\_\_ feeling was an image, it would be like

\_\_\_\_\_

\_\_\_\_\_

Using a shared memory to describe my \_\_\_\_\_ feeling,  
it is like the time \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Expression of Gratitude: \_\_\_\_\_

\_\_\_\_\_

CLOSING (Love, Sincerely, Truly): \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

**More ways to describe feelings:**

- Animals & Pets
- Any of the five senses
- Art
- Hobbies
- Sports
- Movies, TV, books

**Glossary**

HDIF	How do I feel?
HDIFAMA	How do I feel about my answer?
HDIFAT	How do I feel about that/this?
HDIFSTWY	How do I feel sharing this with you?
HDIFTYT	How do I feel telling you this?
DYFF	Describe your feelings fully!