

## Joy & Celebration Dialogue

### Purpose:

Life can get serious with work, family, and responsibilities. This dialogue helps couples reconnect with joy, fun, and celebration, reclaiming the lighter moments that strengthen bonds.

Sender	Receiver
A small joy I'd love to share with you more often is ...	I hear you say... Is there more?
A time I felt most alive and connected with you was ...	I hear you say ... Is there more?
What helps me celebrate our love is ...	I hear you say what helps you celebrate our love is ... Is there more?
As I connect to joy, what I notice in my body is ...	I hear you say as you connect to joy, what you notice in your body is ... Is there more?
What these joyful feelings remind me of from my history is ...	I hear you say...
What I most needed was ...	I hear you say...
What helps me keep joy alive between us is ...	Summary Mirror: So in summary... Have I heard you completely?
The way I'd love for us to create more joyful moments together is ...	Validation: I have heard everything you said, and your perspective matters to me. Or: You make sense and what makes sense is ...
	Empathy: I imagine you might feel ... Is that what you feel?
	Step 5 – Integration: Having heard you share what matters to you, what I can do to support you is ...
	Step 6 – Appreciation: From receiving you sharing this with me, what I appreciate is ...

Hug and Switch Roles.

Remember, the dialogue is a back-and-forth conversation, a dance of words between two people. Take turns being the Sender and the Receiver until the connection feels restored. It's not about problem solving, it's about rediscovering joy together. Both the big small things are worth acknowledging. Let laughter and lightness be part of your love story.

Thank you ! Philipa Thornton <https://resourcetherapy.com.au/>