

## Dialogue Questions

Choose the questions that most appropriately fit for your situation or relationship. Some questions can be adapted or modified depending on whether you are journaling as an individual or as a couple. The focus of each question is on the *description of feelings* generated by the question. Use the Prescription for Dialogue form to help structure your description.

HDIF = How do I feel about...

HDIFAT = How do I feel about that...

HDIFAMA = How do I feel about my answer...

### MY CURRENT FAMILY

1. HDIF about my relationship with my **family**?
2. HDIF about the unmet expectations I have regarding our **family**?
3. HDIF about us as a **family**?
4. How close are we as a **family**? HDIFAT?
5. What do I desire most for our **family**? HDIFAT?
6. What do I like best about our **family**? HDIFAT?
7. What do I like best and least about our **family**? HDIFAT?
8. What expectations do I have of our **family**? Are they being met? HDIFAT?
9. What **family** atmosphere do I dream of for our home? HDIFAT?
10. What is the healthiest trait of our **family**? HDIFAT?
11. What quality in us as a **family** do I like best? HDIFAT?
12. What sacrifices am I making for my **family** now? HDIFAT?
13. What specialness do I see in our **family**? HDIFAT?
14. What things are difficult to talk about as a **family**? HDIFAT?
15. When we are not communicating as a **family** I feel \_\_\_\_\_. HDIFAT?
16. Are **family** meals together important to me? HDIFAT?
17. Do I believe we should have at least one **family** meal a day? HDIFAT?
18. Do I give each **family** member equal time, or do I favor one over another? HDIFAT?
19. Do I give our **family** the attention it deserves? HDIFAT?
20. Do I see us as being connected to our **family**, to life? HDIFAT?
21. HDIF about being a childless **family**?
22. HDIF about being part of this **family**?
23. HDIF about **family** celebrations?
24. HDIF about **family** failures?
25. HDIF about **family** reunions?
26. HDIF about keeping ethnic traditions alive in our **family**?
27. HDIF about my sacrifices to make the **family** meal enjoyable?
28. HDIF about our **family** activities?
29. HDIF about our **family** traditions or the lack of them?
30. HDIF about our **family** vacation time?
31. HDIF about spending time with my **family**?
32. HDIF about the love I bring to this **family**?
33. HDIF about the size of our **family**?
34. HDIF about the time I spend with my **family**?
35. HDIF about the time we spend with our **family** and the quality of that time?
36. HDIF about the use of medicine in our **family**?

37. HDIF about the way I provide for our **family**?
38. HDIF about the way our **family** spends money?
39. HDIF about what I am able to provide for our **family**?
40. HDIF at **family** gatherings?
41. HDIF when a member of our **family** compliments me?
42. HDIF when a member of our **family** points out my good qualities?
43. HDIF when I know I have upset someone in my **family**?
44. HDIF when I receive a compliment from someone in our **family**?
45. HDIF when I see our **family** together?
46. HDIF when our **family** trust level has been broken?
47. HDIF when outside activities keep us from spending time with our **family**?
48. HDIF when someone in our **family** helps me?
49. HDIF when we are not together as a **family**?
50. HDIF when we get together with **family**?
51. HDIF when we have argued with **family** members?
52. HDIF when we work on the **family** budget together?
53. How do I see myself handling my responsibilities for our **family** finances? HDIFAT?
54. How is today's society affecting our **family**? HDIFAT?
55. How is today's society influencing our **family**? HDIFAT?
56. In what ways does TV affect our **family** life? HDIFAT?
57. Is **family** communication a value of mine? HDIFAT?
58. What are a few things I like to do with our **family**? HDIFAT?
59. What can I do to contribute to our **family** having a good time on vacation? HDIFAT?
60. What can we do to foster cooperative interaction in our **family**? HDIFAT?
61. What do I like best and least about our **family** vacations? HDIFAT?
62. What do I like to do best without the **family** and HDIFAT?
63. What is my favorite **family** tradition? HDIFAT?
64. Which **family** rituals are really important to me? Why? HDIFAT?

## **My Children**

1. At this time, what concerns me the most about our **children**? HDIFAT?
2. HDIF about my relationship with our **children**?
3. HDIF about our **children**?
4. HDIF about our current level of involvement with our **children**?
5. HDIF about the differences in the way we discipline our **children**?
6. HDIF about the way you handle our **children** when they misbehave?
7. HDIF about your relationship with our **children**?
8. HDIF after yelling at our **children**?
9. HDIF when I have lost control with our **children**?
10. HDIF when I have to be the one to discipline our **children**?
11. HDIF when our **children** misbehave?
12. HDIF when you yell at our **children**?
13. How can I communicate better with our **children**? HDIFAT?
14. In raising our **children**, do I tend to be detached or engaged? HDIFAT?
15. What expectations do I have of our **children**? HDIFAT?

16. What is my listening pattern when we talk about disciplining our **children**? HDIFAT?
17. Which of our **children** most needs our help and understanding right now? HDIFAT?
18. What is my greatest fear about our **children's** future? HDIFAT?
19. In the area of **child** raising, what emotion / feeling do I find most difficult to share with you? HDIFAT?
20. What is my greatest concern for each **child**? HDIFAT?
21. What way have I shown my love to our **daughter** lately? HDIFAT?
22. What way have I shown my love to our **son** lately? HDIFAT?
23. HDIF about having **children** in daycare?
24. How has never having **children** affected my life? HDIFAT?
25. How has never having **children** affected our life? HDIFAT?
26. How would never having **children** affect my life? HDIFAT?
27. How would never having **children** affect our life? HDIFAT?
28. The greatest gift a mother can give to her **children** is \_\_\_\_\_. HDIFAT?
29. The greatest gift a father can give to his **children** is \_\_\_\_\_. HDIFAT?
30. HDIF about having more **children**?
31. Who are my **children**? HDIFAT?
32. HDIF about the number of **children** we have?
33. HDIF being around a room full of **children**?
34. HDIF when I hear the laughter of **children**?
35. HDIF about encouraging our older **children** to take a part-time job?
36. After a fight: HDIF when we argue in front of our **children**?
37. After a fight: HDIF when we argue over our **children**?
38. Am I as close to our **children** as I want to be? HDIFAT?
39. Am I patient enough with our **children**? HDIFAT?
40. Are our **children** taking care of their bodies? HDIFAT?
41. Can I recognize when our **children** are under stress? HDIFAT?
42. Do I accept our **children** for who they are? HDIFAT?
43. Do I ever take my frustrations out on our **children**? HDIFAT?
44. Do I listen to our **children**, not just to their problems, but their day? HDIFAT?
45. Do I see myself in our **children**? HDIFAT?
46. Do I show our **children** how much I appreciate them? HDIFAT?
47. Do my expectations of our **children** limit my love for them? HDIFAT?
48. Do our **children** enjoy our attention to each other? HDIFAT?
49. Do our **children** enjoy our desire for each other? HDIFAT?
50. Do our **children** have a place in our relationship? HDIFAT?
51. Do our **children** spend enough time doing their homework? HDIFAT?
52. Do we ever laugh with our **children**? HDIFAT?
53. HDIF about encouraging our **children** to participate in sports?
54. HDIF about how our **children** spend their free time?
55. HDIF about leaving our **children** for a few days?
56. HDIF about our grandparents' involvement with our **children**?
57. HDIF about picking up after our **children**?
58. HDIF about spending meaningful time with our **children**?
59. HDIF about the activities our **children** are involved in?
60. HDIF about the amount of TV our **children** watch?
61. HDIF about the peer pressures our **children** are under?
62. HDIF about the values our **children** acquire from TV?

63. HDIF about the values our **children** are choosing?
64. HDIF about the way our **children** are reacting to our values?
65. HDIF about the way our **children** dress?
66. HDIF about the way our **children** respond to you?
67. HDIF on those occasions when I criticize how you discipline our **children**?
68. HDIF on those occasions when I discipline our **children**?
69. HDIF on those occasions when you criticize how I discipline our **children**?
70. HDIF on those occasions when you discipline our **children**?
71. HDIF showing affection in front of our **children**?
72. HDIF trying to put you first when our **children** are so demanding?
73. HDIF when I consider the hopes and dreams I have for our **children**?
74. HDIF when I discipline our **children**?
75. HDIF when I leave our **children** with a baby-sitter?
76. HDIF when I notice our **children** taking on some of my characteristics?
77. HDIF when I notice our **children** taking on some of your characteristics?
78. HDIF when I see a characteristic of mine in one of our **children**?
79. HDIF when I see a characteristic of yours in one of our **children**?
80. HDIF when I see a reflection of you in our **children**?
81. HDIF when I see our **children** laugh?
82. HDIF when I see our **children** respond to you?
83. HDIF when I see our **children** take new responsibilities?
84. HDIF when I see you behaving tenderly with our **children**?
85. HDIF when I see you in our **children**?
86. HDIF when I see your best qualities in our **children**?
87. HDIF when I take time to read to our **children**?
88. HDIF when I think of how our **children** are turning out?
89. HDIF when I unjustly scold our **children**?
90. HDIF when I watch you play with our **children**?
91. HDIF when one of our **children** fails at school?
92. HDIF when one of our **children** is honored and the others are left out?
93. HDIF when one of our **children** says, I love you?
94. HDIF when our **children** ask for expensive things?
95. HDIF when our **children** ask me to knock before entering their rooms?
96. HDIF when our **children** challenge us?
97. HDIF when our **children** compete against each other?
98. HDIF when our **children** get into trouble?
99. HDIF when our **children** make demands?
100. HDIF when our **children** misbehave in public?
101. HDIF when our **children** please you?
102. HDIF when our **children** scream?
103. HDIF when our **children** talk back to me?
104. HDIF when our **children** whine?
105. HDIF when we put our **children** ahead of us?
106. HDIF when you brag on me to our **children**?
107. HDIF when you have to be the one to discipline our **children**?
108. How are we teaching our **children** about sexuality? HDIFAT?
109. How can we share more of ourselves with our **children**? HDIFAT?

110. How do I suppose our **children** feel when they see we are in love? HDIFAT?
111. How do my goals for financial security affect our **children**? HDIFAT?
112. How do our **children** affect our relationship? HDIFAT?
113. How would our **children** describe our marriage? HDIFAT?
114. Is there something I dislike about myself that I see in our **children**? HDIFAT?
115. What are / were the dreams we had for our **children**? HDIFAT?
116. What are my hopes and dreams for our **children**? HDIFAT?
117. What are some of the family incidents our **children** will always remember? HDIFAT?
118. What are the best qualities I see in our **children**? HDIFAT?
119. What are your special qualities that I see in our **children**? HDIFAT?
120. What can I do to show our **children** more love? HDIFAT?
121. What do I want most for our **children** and HDIFAT?
122. What expectations do I have of our **children**? Are they being met? HDIFAT?
123. What gift would I like to give one of our **children**? HDIFAT?
124. What good do I see in our **children**? HDIFAT?
125. What good qualities do I see in our **children**? HDIFAT?
126. What hopes do I have for our **children** and what can we do to help them? HDIFAT?
127. What impact do our **children** have on our relationship right now? HDIFAT?
128. What is the effect of our sexual intimacy on our **children**? HDIFAT?
129. What joys or pleasures have our **children** given us? HDIFAT?
130. What part do our **children** play in our relationship? HDIFAT?
131. What quality do I not like in myself that I see in our **children**? HDIFAT?
132. What should our **children** be learning in school? HDIFAT?
133. What values do I want us to give to our **children**? HDIFAT?
134. What values do we want our **children** to have about money? HDIFAT?
135. What words do I use to let our **children** know they are loved? HDIFAT?
136. When was the last time we played with our **children** and just had fun? HDIFAT?
137. Where with our **children** do I experience stress? HDIFAT?
138. With our **children**, am I more likely to be strict or permissive? HDIFAT?
139. Our **children** are tempted by alcohol, drugs, sexuality. HDIFAT?
140. Our **children** most need \_\_\_\_\_. HDIFAT?
141. Our **children** want to play more. HDIFAT?
142. If I had known then what I know now about raising **children**, I would have \_\_\_\_\_. HDIFAT?
143. Do I need to be easier on the **children**? HDIFAT?
144. HDIF about chauffeuring the **children** around?
145. HDIF about giving the **children** an allowance?
146. HDIF about me staying home with the **children** and being a homemaker?
147. HDIF about the **children** having a savings account?

148. HDIF about you staying home with the **children** and being a homemaker?
149. HDIF about your tenderness with the **children**?
150. HDIF watching the **children** open Christmas gifts?
151. HDIF when you put the **children** ahead of us?
152. Sometimes we argue over the **children**. HDIFAT?
153. What kind of example am I to the **children** around me? HDIFAT?
154. How would your **children** describe me as a husband or wife? HDIFAT?
155. Are we meeting our **children's** needs? HDIFAT?
156. HDIF about how active I am in our **children's** schooling?
157. HDIF about how active I am in our **children's** sports or other activities?
158. HDIF about our **children's** education in music and art?
159. HDIF about our **children's** friends?
160. HDIF about our **children's** grades?
161. HDIF about our **children's** involvement in sports or physical education?
162. HDIF about our **children's** language?
163. HDIF about our **children's** manners?
164. Am I holding onto any resentment, bitterness or anger toward my **child**? HDIFAT?
165. The three things I like best about (each) **child** are \_\_\_\_\_. HDIFAT?
166. What do I hope for each **child**? HDIFAT?

### **Our Communication**

1. HDIF when we are not **communicating**?
2. When we are not **communicating** as a family I feel \_\_\_\_\_. HDIFAT?
3. Do I ever keep quiet because **communication** takes too much effort?
4. Is family **communication** a value of mine? HDIFAT?
5. How would I rate our **communication** skills? HDIFAT?
6. Is there anything that is barrier in our **communication** with each other? HDIFAT?
7. What area of our **communication** do I think I/we need to improve? HDIFAT?
8. What listening skills could improve our **communication**? HDIFAT?
9. How important is spoken **communication** to our relationship? HDIFAT?
10. How can I **communicate** better with our children? HDIFAT?
11. How well do I **communicate** with you? HDIFAT?
12. My ears are my most important **communication** tools. HDIFAT?
13. HDIF about our **communication** techniques?
14. What is the level of our **communication** when we are home together? HDIFAT?

### **Our Family Roles**

1. HDIF in my **role** as a father?
2. HDIF in my **role** as a mother?
3. HDIF about the **roles** I play in our marriage?
4. What **roles** do I play? HDIFAT?
5. HDIF about the division of **chores** between us?

6. HDIF about sharing the **chores**?
7. Do I have difficulty letting go of my parenting **role** now that our children are no longer at home? HDIFAT?
8. When we have to change **roles**, how does this affect our relationship? HDIFAT?
9. How have our **roles** in our marriage changed? HDIFAT?
10. What is my least favorite household **chore**? HDIFAT?
11. What is my most favorite household **chore**? HDIFAT?
12. HDIF when we do a job, task or **chore** together?
13. What **chore** do I hate the most? HDIFAT?
14. HDIF when I do some household or yard **chore** without being reminded to do it?
15. HDIF about **chores** around our house?
16. HDIF about **chores** in our home?
17. HDIF about splitting of daily **chores**?
18. HDIF about children sharing in household **chores**?
19. HDIF when I consider how the household **chores** are divided up?
20. We have unfinished **chores**. HDIFAT?