

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 EDUCATION

1. HDIF about my level of **education**?

My Personal Interests

1. What new activity or **interest** could I make space for in my life? HDIFAT?
2. Our separate **interests** are drawing us apart. HDIFAT?
3. Do we have many shared **interests**? HDIFAT?
4. HDIF when our different **interests** separate us?
5. What type of **interests** do we share? HDIFAT?

My Personal Growth

1. Am I **growing** or standing still right now? HDIFAT?
2. Am I **growing** spiritually? HDIFAT?
3. Am I still **growing** and learning? HDIFAT?
4. Has our relationship experienced any **growth**? HDIFAT?
5. HDIF about my spiritual **growth**?
6. HDIF about our growth (or lack of **growth**) in the area of sex?
7. In what areas do we need to **grow** as a couple? HDIFAT?
8. What qualities do I see in my people that I would like to **develop** in myself? HDIFAT?
9. What qualities do I see in you that I would like to **develop** in myself? HDIFAT?
10. What weeds are **growing** in my life? HDIFAT?
11. Where do we most need to **grow** in our sexual relationship? HDIFAT?
12. Where would I most like to see **growth** in our relationship this year? HDIFAT?
13. Which of my strengths do I need to **develop**? HDIFAT?
14. Am I **growing** intellectually? HDIFAT?
15. Are we **growing** in unity? HDIFAT?
16. HDIF about our spiritual **growth** as a couple?
17. HDIF when I am aware of **growth** in us?
18. HDIF when I consider that we are **growing** in mutual knowledge?
19. HDIF when I experience **growth** in our sexual relationship?
20. How are we **growing** closer or becoming more distant as a couple? HDIFAT?
21. How did I **develop** the mask (personality style) I wear? HDIFAT?
22. How have I **grown** from the pain I have experienced in my life? HDIFAT?
23. How have our past failures helped us to **grow**? HDIFAT?

24. How have we **grown** as a couple over the last year? HDIFAT?
25. How have we **grown** in our pain as well as our joy? HDIFAT?
26. How have we **grown** in our sexuality and responsiveness to each other? HDIFAT?
27. How have we most **grown** in our relationship over the past year? HDIFAT?
28. In what areas have we **grown** because of past failures? HDIFAT?
29. In what areas of our relationship do we most need to **grow**? HDIFAT?
30. What are the positive signs of **growth** I see in us? HDIFAT?
31. What can we do to keep our marriage alive and **growing**? HDIFAT?
32. What could I do to help my own spiritual **growth**? HDIFAT?
33. What do I need from you, my partner, to help me **develop** my potential? HDIFAT?
34. What is most threatening to my spiritual **growth** right now? HDIFAT?
35. What potentials have you helped me **develop**? HDIFAT?
36. What qualities do I see in you that I would like to **develop** in myself?

My Studies

1. Am I a quick learner or do I have to **study** something a lot to understand it? HDIFAT?