

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 FINANCES

1. Do I ever risk my health in my pursuit of **money**? HDIFAT?
2. Do I ever seek **money** instead of happiness? HDIFAT?
3. HDIF about how we use our **money**?
4. HDIF about our current **financial** situation?
5. HDIF about our **financial** future?
6. HDIF about our **financial** responsibility?
7. HDIF about our **financial** status now?
8. HDIF about the way I handle **money**?
9. HDIF about the way we spend **money**?
10. In thinking about our current **financial** situation, what is my strongest emotion / feeling? HDIFAT?
11. Is **money** in my pocket a priority? HDIFAT?
12. What are the things that make it difficult for me to talk about **money** with you? HDIFAT?
13. What do I most need to change in my **money** habits? HDIFAT?
14. What do I think I most need to change about the way I use **money**? HDIFAT?
15. What hinders me from talking about **money** with you? HDIFAT?
16. What is my biggest fear about our **financial** situation? HDIFAT?
17. What is my greatest **financial** concern right now? HDIFAT?
18. What is my strongest emotion / feeling about **money**? HDIFAT?
19. Am I a saver or a spender with my **money**? HDIFAT?
20. Am I comfortable with the way we manage **money** as a couple? HDIFAT?
21. Do I see us as **financially** responsible? HDIFAT?
22. Do I think we have enough **money**? HDIFAT?
23. HDIF about how we use our **financial** resources?
24. HDIF about making big **financial** decisions without you?
25. HDIF about our long-term **financial** situation?
26. HDIF about saving **money**?
27. HDIF about the way we make our **money**?
28. HDIF about the way we spend our **money**?
29. HDIF about the way we use our **financial** resources?
30. HDIF when I think about our **financial** position?
31. HDIF when making big **financial** decisions?
32. HDIF when we do not have enough **money**?
33. HDIF when we make big **financial** decisions?
34. HDIF when we must borrow **money**?
35. How important is **financial** security to me? HDIFAT?

36. How important is **money** to me? HDIFAT?
37. How much **money** would we need to retire on? HDIFAT?
38. If I did not need **money**, what would I be doing today? HDIFAT?
39. If I were to receive a huge sum of **money**, how would I be changed by it? HDIFAT?
40. Is it a priority for me to have **money** in my pocket? HDIFAT?
41. What are the things that I / we have that **money** cannot buy? HDIFAT?
42. What **financial** needs do I see coming between us? HDIFAT?
43. What is my favorite thing to do that does not cost **money**? HDIFAT?
44. What would my profession be if **money** were no object? HDIFAT?
45. When I consider our **financial** condition, I feel _____. HDIFAT?
46. HDIF when there is not enough **money** to pay the bills?

My Income

1. If we doubled our present **income**, would we be any happier? HDIFAT?
2. If I doubled my present **income**, would I be any happier? HDIFAT?
3. HDIF about tithing a portion of our **income**?

My Spending

1. HDIF about our **spending** habits?
2. HDIF about the way we **spend** money?
3. HDIF about your **spending** habits?
4. HDIF about my **spending** habits?
5. Am I a saver or a **spender** with my money? HDIFAT?
6. HDIF about cutting back on our **spending**?
7. HDIF about our **spending** on clothing?
8. HDIF about our **spending** on gifts?
9. HDIF about the way we **spend** our money?
10. HDIF when I **spend** money on gifts?
11. HDIF when you **spend** money on me?
12. What would I **spend** my last dollar on? HDIFAT?
13. Which do I enjoy more, **spending** or saving? HDIFAT?

My Debts

1. How do I feel about the amount of **debt** I am in?
2. How do I feel about the amount of **debt** you are in?
3. How do I feel about the amount of **debt** we are in?
4. HDIF about making a major purchase that will put us in **debt**?
5. HDIF about going into **debt** for a purchase?

My Investments

1. Am I a risk taker or conservative with my **investments**? HDIFAT?
2. HDIF when stock market trends increase the value of our **investments**?
3. HDIF when stock market trends reduce the value of our **investments**?