

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 INNER LIFE

1. Am I more concerned with my outer or **inner** appearance? HDIFAT?
2. Can I expose my **innermost** sexuality to you? HDIFAT?
3. HDIF when I listen to my **inner** self instead of listening to other people?
4. HDIF when I reveal my **innermost** emotions / feelings to you?
5. When was the last time I felt complete **inner** peace? HDIFAT?

My Memories

1. My most vivid good childhood **memory** is _____. HDIFAT?
2. What is my fondest **memory** of my father?
3. What **memories** are painful for me to recall? HDIFAT?

My Creativity

1. Do I tend to do things in the accepted way or am I more **creative**? HDIFAT?
2. HDIF when my **creative** juices are flowing?

My Feelings and Emotions

1. HDIF about revealing my negative emotions / **feelings**?
2. HDIF about sharing emotions / **feelings**? Do I think it is risky?
3. HDIF about sharing my **emotional** life with you?
4. HDIF about sharing my **emotions** / feelings from the past?
5. HDIF about taking responsibility for my **emotions** / feelings?
6. HDIF about writing about my emotions / **feelings**?
7. HDIF knowing my **emotions** / feelings express who I am?
8. HDIF when I conceal my **emotions** / feelings?
9. HDIF when I think you have judged or rejected my emotions / **feelings**?
10. HDIF when you accept my emotions / **feelings**?
11. HDIF when you minimize my emotions / **feelings** or pay no attention to them?
12. HDIF when you really try to reach out and accept my emotions / **feelings**?
13. In the area of sex, what emotion / **feeling** do I find most difficult to share with you? HDIFAT?
14. What are the strongest **emotions** / feelings I had during our times of trouble? HDIFAT?
15. What area is difficult for me to share my **emotions** / feelings about? HDIFAT?

16. What do I do to get relief from **emotional** pain when I am tired, lonely, angry or hurting? HDIFAT?
17. What **emotion** / feeling do I find most difficult to reveal to you? HDIFAT?
18. What **emotions** / feelings about sex do I find most difficult to reveal to you? HDIFAT?
19. What emotions / **feelings** do I find most difficult to accept in myself? HDIFAT?
20. What **emotions** / feelings do I have the most trouble expressing? HDIFAT?
21. What negative emotion / **feeling** do I experience the most? HDIFAT?
22. What of my **emotions** / feelings do I have the hardest time accepting? HDIFAT?
23. Are there any **emotions** / feelings I consider to be wrong to have? HDIFAT?
24. Are there certain **emotions** / feelings that are hard for me to name and talk about? HDIFAT?
25. Do I always reveal my true **emotions**? HDIFAT?
26. Do I consider myself **emotional** or detached? HDIFAT?
27. Do I eat in response to my **emotions** / feelings? HDIFAT?
28. Do I encourage or discourage myself from expressing my **emotions** / feelings? HDIFAT?
29. Do I ever try to hide my true **emotions** / feelings from you? HDIFAT?
30. Do I express my **emotions** / feelings spontaneously? HDIFAT?
31. Do I harbor hurts, grudges, or hard **feelings** from past injuries? HDIFAT?
32. Do I have any recurring negative **emotions** / feelings? HDIFAT?
33. Do I have trouble hiding my true **emotions** / feelings? HDIFAT?
34. Do I need to work through my **emotions** / feelings before I can act, or can I put them aside and get the job done? HDIFAT?
35. Do I really believe that **emotions** / feelings are neither right nor wrong? HDIFAT?
36. Do I try to control or hide my **emotions** / feelings? HDIFAT?
37. Do I try to decide which **emotions** / feelings are OK to admit having? HDIFAT?
38. HDIF about hiding a negative **emotion** from you?
39. HDIF when I am trying to describe an emotion / **feeling** of mine to you?
40. HDIF when I decide to trust you with my **emotions** / feelings?
41. HDIF when I do not trust you with my emotions / **feelings**?
42. HDIF when I keep my needs and **emotions** / feelings from you?
43. HDIF when I let my emotions / **feelings** get the better of me?
44. HDIF when I realize that I am responsible for my own **emotions** / feelings, not you?
45. HDIF when I reveal an emotion / **feeling** that is difficult to share with you?
46. HDIF when I reveal my emotions / **feelings**, and you respond as expected?
47. HDIF when I reveal my innermost emotions / **feelings** to you?
48. HDIF when I share an uncomfortable emotion / **feeling** with you?
49. HDIF when you can experience some of what I am **feeling** inside?

50. HDIF when you describe an **emotion** / feeling to me in a way I cannot relate to?
51. HDIF when you help me identify my emotions / **feelings**?
52. HDIF when you seem to be rejecting my emotions / **feelings**?
53. How can I stop hiding my **emotions**? HDIFAT?
54. How do I control or deny my emotions / **feelings**? HDIFAT?
55. How do I handle my jealous emotions / **feelings**? How could I handle them more constructively? HDIFAT?
56. How good am I at loving when I am not **feeling** loved?
57. How often do I have strong emotions / **feelings** of any kind? HDIFAT?
58. How would I rate the **emotional** support we give each other? HDIFAT?
59. How would I react if someone called me a person of real **feeling**? HDIFAT?
60. I have difficulty sharing my emotions / **feelings** about _____. HDIFAT?
61. In the area of child raising, what emotion / **feeling** do I find most difficult to share with you? HDIFAT?
62. In the area of death, what emotion / **feeling** do I find most difficult to share with you? HDIFAT?
63. In the area of God and our faith, what emotion / **feeling** do I find most difficult to share with you? HDIFAT?
64. In the area of money, what emotion / **feeling** do I find most difficult to share with you? HDIFAT?
65. In the area of prayer, what emotion / **feeling** do I find most difficult to share with you? Describe it
66. In thinking about our current financial situation, what is my strongest emotion / **feeling**? HDIFAT?
67. In thinking about our finances, what is my strongest emotion / **feeling**?
68. Is it easy for me to describe my **emotions** / feelings? HDIFAT?
69. My strongest **emotion** / feeling about you today was _____.
70. What **emotions** / feelings have I kept hidden from you lately? HDIFAT?
71. What happens when I let **emotions** / feelings take control over me? HDIFAT?
72. What issue do we have facing us that I have not shared my **emotions** / feelings with you about? HDIFAT?
73. What negative emotions / **feelings** do I experience most frequently? HDIFAT?
74. What of my **emotions** / feelings is most likely to lead to an expression of anger? HDIFAT?
75. When do I nail down the lid on my emotions / **feelings**? HDIFAT?
76. When do I rely on emotions / **feelings** instead of on thinking? HDIFAT?
77. When do I repress my emotions / **feelings**? HDIFAT?
78. When I start **feeling** lonely, I _____. HDIFAT?
79. When in the past week did I think my emotions / **feelings** were wrong to have? HDIFAT?
80. When making an important decision, HDIF about ignoring my emotions / **feelings**?

81. When recently have I shared an emotion / **feeling** that I did not want to have? HDIFAT?

My Thinking

1. Do I ever keep quiet because I **think** talking will get me into trouble?
2. Do I have a tendency to **think** in terms of worst-case scenarios? HDIFAT?
3. Do I **think** you show enough interest in my emotions / feelings? HDIFAT?
4. HDIF about sharing emotions / feelings? Do I **think** it is risky?
5. HDIF on those occasions when I **think** about calling our relationship quits?
6. HDIF when I am confronted with, or **think** of, that which I fear most?
7. HDIF when I **think** you have judged or rejected my emotions / feelings?
8. What do I **think** is important for my happiness? HDIFAT?
9. What do I **think** is important for our happiness as a couple? HDIFAT?
10. What do I **think** is important for your happiness? HDIFAT?
11. What do I **think** is my purpose in life? HDIFAT?
12. What parts of my life do I **think** I control? HDIFAT?
13. What strengths do I **think** I might have, but I am afraid to try or rely on? HDIFAT?
14. When do I rely on emotions / feelings instead of on **thinking**? HDIFAT?
15. When I am lonely, I **think** of _____. HDIFAT?
16. When I **think** of sexual desire, I think of _____... HDIFAT?
17. When things are not going well between us, what do I **think** about? HDIFAT?
18. Do I take time to **think** about unsatisfactory areas of my life? HDIFAT?
19. Do I **think** before I speak, or am I more likely to speak whatever is on my heart? HDIFAT?
20. Do I **think** life has been unfair to me? HDIFAT?
21. Do I **think** life is fair? HDIFAT?
22. HDIF when I **think** about my current spirituality?
23. HDIF when I **think** about our financial position?
24. HDIF when I **think** about our home?
25. HDIF when I **think** about us ten years from now?
26. HDIF when I **think** I do not have enough time?
27. HDIF when I **think** I have let you down?
28. HDIF when I **think** of how our children are turning out?
29. HDIF when I **think** of you dying?
30. HDIF when I **think** that you are judging me but keeping it to yourself?
31. HDIF when I **think** that you are judging me?
32. HDIF when I **think** that you are not recognizing my needs?
33. HDIF when I **think** you are angry with me?
34. HDIF when I **think** you are beating around the bush rather than giving me a straight answer?
35. HDIF when I **think** you are paying more attention to others than to me?
36. HDIF when I **think** you do not believe me?
37. HDIF when others ask me what I **think**?

38. How do I **think** people perceive me? HDIFAT?
39. How well do I **think** you listen to me? HDIFAT?
40. How well do I **think** you trust me? HDIFAT?
41. I **think** our greatest strength as a couple is _____. HDIFAT?
42. I **think** our greatest weakness as a couple is _____. HDIFAT?
43. In **thinking** about our current financial situation, what is my strongest emotion / feeling? HDIFAT?
44. In **thinking** about our finances, what is my strongest emotion / feeling?
45. What area of our communication do I **think** I/we need to improve? HDIFAT?
46. What characteristic of mine do I **think** you find irritating? HDIFAT?
47. What do I **think** about my ability as your lover? HDIFAT?
48. What do I **think** about my ability to accept your loving me? HDIFAT?
49. What do I **think** about our spiritual growth as a couple? HDIFAT?
50. What do I **think** about the choices I have made in my friends? HDIFAT?
51. What do I **think** about the choices we have made in our friends? HDIFAT?
52. What have I chosen not to do because I did not **think** it would make any difference? HDIFAT?

My Dreams

1. Do I have any **dreams** that I have not shared with you? HDIFAT?
2. Do I prefer grand ideas, plans and **dreams**, or something more achievable? HDIFAT?
3. Have any of my **dreams** come true? HDIFAT?
4. Have any of our **dreams** come true? HDIFAT?
5. Have I ever lost sight of my **dreams** or goals? HDIFAT?
6. HDIF about sharing my **dreams** with you?
7. What are my **dreams** for us? HDIFAT?
8. What are my hopes and **dreams** for our future? HDIFAT?
9. What **dreams** do I have for our next year? HDIFAT?
10. What **dreams** do I have for this year? Are they realistic? HDIFAT?
11. What **dreams** of mine do I need to take responsibility for? HDIFAT?
12. What have I **dreamed** of doing for a long time? HDIFAT?
13. What is my **dream** for our marriage? HDIFAT?
14. What is my impossible **dream** for us? HDIFAT?
15. What is my wildest **dream** for us? HDIFAT?
16. What is the first thing I would put in a **dream** box? HDIFAT?
17. What lifetime **dream** am I still trying to realize? HDIFAT?
18. What little **dreams** do I keep in my heart? HDIFAT?
19. What steps can we take to make our impossible **dream** a reality? HDIFAT?
20. HDIF about taking a **dream** vacation?
21. How do my childhood **dreams** of growing up compare to what I am now? HDIFAT?
22. How well do I live up to the **dreams** I had for myself when I was young? HDIFAT?
23. What are / were the **dreams** we had for our children? HDIFAT?

24. What are my **dreams** for our sexual relationship? HDIFAT?
25. What are my **dreams** for us as a dialoguing couple? HDIFAT?
26. What are my **dreams** for us as we grow older? HDIFAT?
27. What are my hopes and **dreams** for our children? HDIFAT?
28. What family atmosphere do I **dream** of for our home? HDIFAT?
29. What is my **dream** for a perfect romantic evening? HDIFAT?
30. What would be my idea of a **dream** job? HDIFAT?