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 MARRIAGE/RELATIONSHIP**
1. If I had the power, how would I redesign our relationship? HDIFAT?
2. In what area do we have hurt in our relationship? HDIFAT?
3. In what area in our relationship, have I experienced the most hurt or pain lately? HDIFAT?
4. In what area of our relationship am I most disillusioned with? HDIFAT?
5. Is there one thing you could begin doing, or stop doing, that would help our relationship? HDIFAT?
6. The one area which needs the most work in our relationship is _______. HDIFAT?
7. What about our relationship can be improved? HDIFAT?
8. What about our relationship would I like to improve? HDIFAT?
9. What am I most disappointed with in our relationship? HDIFAT?
10. What changes would I welcome in our relationship? HDIFAT?
11. What changes would make this relationship right for me? HDIFAT?
12. What does our relationship mean to me? HDIFAT?
13. What experience has most affected our marriage? HDIFAT?
14. What fears do I have about discussing our sexual relationship with you? HDIFAT?
15. What in our marriage do I find it difficult to tolerate? HDIFAT?
16. What is happening in our relationship right now? HDIFAT?
17. What unresolved problems do I see in our marriage right now? HDIFAT?
18. What would I like most to change about our relationship? HDIFAT?
19. Are there hurts between us that need to be healed before our relationship can grow? HDIFAT?
20. Can we hope to heal our relationship before we have clarified the issue? HDIFAT?
21. Do I see our sexual relationship affecting our whole relationship? HDIFAT?
22. HDIF about being called to change in our relationship?
23. HDIF about discussing our sexual relationship?
24. HDIF about our wanting our relationship to succeed?
25. HDIF about the way we resolve conflicts in our relationship?
26. HDIF on those occasions when I think about calling our relationship quits?
27. How do we usually deal with conflict in our relationship? HDIFAT?
28. How do we usually handle conflict in our relationship? HDIFAT?
29. If I could erase any moment in our relationship, which would it be? HDIFAT?
30. In our relationship, do I tend to be detached or engaged? HDIFAT?
31. In what areas of our relationship do we most need to grow? HDIFAT?
32. My greatest hurt in our sexual relationship is_____. HDIFAT?
33. On a scale of 1-10, how I would rate the health of our marriage? HDIFAT?
34. What are the changes I most need to make in myself for the sake of our relationship? HDIFAT?
35. What area of our relationship do I, or do we, need to work on? HDIFAT?
36. What areas in our marriage are good? HDIFAT?
37. What areas in our marriage are poor? HDIFAT?
38. What can we do to improve our relationship? HDIFAT?
39. What changes would I resist in our relationship? HDIFAT?
40. What do I like best and least about our sexual relationship? HDIFAT?
41. What do I perceive to be the biggest threat to our relationship? HDIFAT?
42. What do I seek in our relationship? HDIFAT?
43. What do I want from this relationship right now? HDIFAT?
44. What is it about our sexual relationship that I do not like? HDIFAT?
45. What is my greatest concern in our relationship? HDIFAT?
46. What is the biggest frustration in our marriage right now? HDIFAT?
47. What is the touchiest area in our relationship? HDIFAT?
48. What needs to change for me to give an unqualified yes to our relationship? HDIFAT?
49. What would it take for me to really commit myself to this marriage? HDIFAT?
50. Where is our relationship headed? HDIFAT?
51. Are there areas where our sexual relationship could be improved? HDIFAT?
52. How do we handle anger in our relationship? HDIFAT?
53. How is our relationship right now? HDIFAT?
54. How much of me will I have to give up to make the marriage work? HDIFAT?
55. In our relationship, what are my favorite evasive maneuvers? HDIFAT?
56. Is there openness in our relationship? HDIFAT?
57. Realistically, what do I expect of our relationship in the future? HDIFAT?
58. What am I willing to do for the sake of our relationship, to make it better? HDIFAT?
59. What am I willing to sacrifice to make our relationship better? HDIFAT?
60. What are my dreams for our sexual relationship? HDIFAT?
61. What are my expectations in our sexual relationship? HDIFAT?
62. What are my hopes for our relationship? HDIFAT?
63. What are my longings and yearnings for us and our relationship? HDIFAT?
64. What are my most important values for our relationship? HDIFAT?
65. What do I need most in our sexual relationship? HDIFAT?
66. What do I want from this relationship right now? In the future? HDIFAT?
67. What do I wish was better about our sexual relationship? HDIFAT?
68. What is my dream for our marriage? HDIFAT?
69. Where do we need to go in our relationship? HDIFAT?

Our Sexual Relationship
1. HDIF about discussing our sexual relationship?
2. HDIF about my ability to speak to you freely about our sexual relationship?
3. HDIF about my expectations in our sexual relationship?
4. HDIF about our sexual relationship?
5. HDIF about the unmet expectations I have regarding our sexual relationship?
6. How would I describe our sexual relationship? HDIFAT?
7. My greatest hurt in our sexual relationship is ______. HDIFAT?
8. What are my expectations in our sexual relationship? HDIFAT?
9. What are my hopes for us in the area of sex? HDIFAT?
10. What fears do I have about discussing our sexual relationship with you? HDIFAT?
11. Are my sexual needs being met? HDIFAT?
12. Can I expose my innermost sexuality to you? HDIFAT?
13. HDIF about our sexual relationship right now?
14. HDIF about my ability to satisfy your needs in our sexual relationship?
15. HDIF about my attitudes about sex?
16. HDIF about my reaction toward sex?
17. HDIF about my sexuality?
18. HDIF about our growth (or lack of growth) in the area of sex?
19. HDIF about your attitudes about sex?
20. HDIF about your reaction toward sex?
21. HDIF when discussing our sex life?
22. HDIF when I am not open to discussing our sexual relationship?
23. In the area of sex, what emotion / feeling do I find most difficult to share with you? HDIFAT?
24. In what specific areas of sexuality am I reluctant to open up? HDIFAT?
25. What are my attitudes about our sexual relationship? HDIFAT?
26. What are my attitudes about sex in general? HDIFAT?
27. What are my dreams for our sexual relationship? HDIFAT?
28. What are my expectations of you in the area of sex? HDIFAT?
29. What do I feel most inadequate about in sex? HDIFAT?
30. What do I like best and least about our sexual relationship? HDIFAT?
31. What do I need to talk about in our sexual relationship? HDIFAT?
32. What emotions / feelings about sex do I find most difficult to reveal to you? HDIFAT?
33. What is it about our sexual relationship that I do not like? HDIFAT?
34. What is my greatest hurt in our sexual relationship? HDIFAT?
35. What is the effect of our sexual intimacy on me? HDIFAT?
36. What is the effect of our sexual intimacy on us as a couple? HDIFAT?
37. When do I feel most comfortable talking to you about sex? HDIFAT?
38. Where do we most need to grow in our sexual relationship? HDIFAT?
39. Am I being sexually responsive to you? HDIFAT?
40. Am I being sexually responsive to your needs? HDIFAT?
41. Am I inadequate sexually? HDIFAT?
42. Are my sexual values changing at all? HDIFAT?
43. Do I have attitudes or expectations that interfere with our sex life? HDIFAT?
44. Does my attitude toward sex lock some doors in our relationship? HDIFAT?
45. Have I ever felt inadequate sexually? HDIFAT?
46. Have I ever felt used by you sexually? HDIFAT?
47. Have I ever thought that you used me sexually? HDIFAT?
48. HDIF about being intimate with you in a sexual way?
49. HDIF when we decide to dialogue on sex?
50. How does my / your fear of pregnancy affect our sexual relationship? HDIFAT?
51. How does the busy-ness of our lives affect our sexual relationship? HDIFAT?
52. How has my attitude affected our sexual relationship? HDIFAT?
53. What attitude of mine keeps me from making our sexual relationship all it can be? HDIFAT?
54. What attitudes do I have that are a barrier to our sexual relationship? HDIFAT?
55. What image do I have of myself as your sexual partner? HDIFAT?
56. What inhibits me in our sexual relationship? HDIFAT?
57. What is going on inside me in our sexual relationship? HDIFAT?
58. What is my biggest block that keeps me from being sexually responsive to you? HDIFAT?
59. What mask (personality style) do I wear in the area of sex? HDIFAT?
60. What part do I play in our sexual communication? HDIFAT?
61. What sexual baggage am I dealing with? HDIFAT?
62. What specific event in my past has most affected my sexuality? HDIFAT?
63. Where do we need to go in our sexual relationship? HDIFAT?

Our Finances
1. HDIF about how we handle our finances?
2. HDIF about the way we are managing our finances?
3. In thinking about our finances, what is my strongest emotion / feeling?
4. In thinking about our current financial situation, what is my strongest emotion / feeling? HDIFAT?
5. HDIF about our financial status now?
6. When I consider our financial condition, I feel _____. HDIFAT?
7. What are the things that make it difficult for me to talk about money with you? HDIFAT?
8. What hinders me from talking about money with you? HDIFAT?
9. What is my strongest emotion / feeling about money? HDIFAT?
10. HDIF about the way I handle money?
11. HDIF about the way we handle money?
12. HDIF about the way you handle **money**?
13. In the area of **money**, what emotion / feeling do I find most difficult to share with you? HDIFAT?
14. HDIF about how we use our **money**?
15. HDIF about the way we spend our **money**?
16. HDIF when we discuss **finances**?
17. How do **finances** affect our relationship? HDIFAT?
18. How do I see myself handling my responsibilities for our family **finances**? HDIFAT?
19. HDIF about my responsibility or irresponsibility in managing our **finances**?
20. How do I see our **finances** affecting our relationship? HDIFAT?
21. What expectations do I have concerning our **finances**? Are they being met? HDIFAT?
22. HDIF about making big **financial** decisions without you?
23. HDIF when making big **financial** decisions?
24. HDIF when we make big **financial** decisions?
25. HDIF about our current **financial** situation?
26. What is my greatest **financial** concern right now? HDIFAT?
27. How important is **financial** security to me? HDIFAT?
28. HDIF about our long-term **financial** situation?
29. HDIF about how we use our **financial** resources?
30. HDIF about our **financial** future?
31. HDIF about our **financial** responsibility?
32. HDIF about the way we use our **financial** resources?
33. HDIF when I think about our **financial** position?
34. How does our **financial** situation affect our intimacy? HDIFAT?
35. What is my biggest fear about our **financial** situation? HDIFAT?
36. What price am I paying right now for our **financial** situation? HDIFAT?
37. Do I see us as **financially** responsible? HDIFAT?
38. Which one of us worries more about **money**? HDIFAT?
39. HDIF when we must borrow **money**?
40. HDIF when there is not enough **money** to pay the bills?
41. HDIF when we do not have enough **money**?
42. HDIF when I have to ask you for **money**?
43. Do I give **money** or time willingly or grudgingly? HDIFAT?
44. How important is **money** to me? HDIFAT?
45. Am I comfortable with the way we manage **money** as a couple? HDIFAT?
46. What do I most need to change in my **money** habits? HDIFAT?
47. How does lack of **money** get in the way of our relationship? HDIFAT?
48. What mask (personality style) do I wear in the area of **money**? HDIFAT?
49. HDIF about the way we make our **money**?
50. HDIF about saving **money**?
51. HDIF about the way we spend **money**?
52. Is the **money** mine, ours, or yours? HDIFAT?
53. What do I think I most need to change about the way I use **money**? HDIFAT?
Our Communication
1. HDIF when we are not communicating?
2. Do I ever keep quiet because communication takes too much effort?
3. HDIF about our communication techniques?
4. How would I rate our communication skills? HDIFAT?
5. Is there anything that is barrier in our communication with each other? HDIFAT?
6. What area of our communication do I think I/we need to improve? HDIFAT?
7. What listening skills could improve our communication? HDIFAT?
8. How well do I communicate with you? HDIFAT?
9. Am I open in our non-verbal communication? HDIFAT?
10. Am I open to your non-verbal communication? HDIFAT?
11. How important is non-verbal communication to our relationship? HDIFAT?
12. How would I describe our non-verbal communication with each other? HDIFAT?
13. What does our non-verbal communication mean to me? HDIFAT?
14. What is the level of our communication when we are home together? HDIFAT?

Our Mutual Interests
1. HDIF when our different interests separate us?
2. What type of interests do we share? HDIFAT?
3. Our separate interests are drawing us apart. HDIFAT?
4. Do we have many shared interests? HDIFAT?
5. Do I have a genuine interest in your work and hobbies? HDIFAT?
6. What new activity or interest could I make space for in my life? HDIFAT?
7. HDIF when you show interest in your job, career or housework?
8. HDIF when you have a strong interest that I cannot share?

Our Future
1. What are my hopes and dreams for our future? HDIFAT?
2. What are my hopes for our future together? HDIFAT?
3. Realistically, what do I expect of our relationship in the future? HDIFAT?
4. What are my concerns about the future? HDIFAT?
5. What do I want from this relationship right now? In the future? HDIFAT?
6. HDIF about our financial future?
7. Am I excited about our future? HDIFAT?
8. HDIF about planning for our future?
9. What have I learned from looking backwards at our history that can enrich our future relationship? HDIFAT?
10. Do I feel better enjoying the present or anticipating the future?

Our Mutual Goals
1. Do my personal goals conflict with our goals? HDIFAT?
2. Do my personal goals conflict with our goals? HDIFAT?
3. Do we agree on aims and goals? HDIFAT?
4. HDIF about discussing our goals and values with you?
5. HDIF about our goals as a couple?
6. HDIF about our lifetime goals?
7. What goals do I have that I have not shared with you yet? HDIFAT?
8. What goals would I like to see us achieve in the next few months? HDIFAT?
9. What goals would I like us to achieve this month? HDIFAT?
10. What is a goal I have involving us together? HDIFAT?
11. As the basis of my goals in life, I want to be ______. HDIFAT?
12. Do I let obstacles distract me from my goals? HDIFAT?
13. Have I ever lost sight of my dreams or goals? HDIFAT?
14. HDIF about my lifetime goals?
15. My greatest goal in life has been ______. HDIFAT?
16. My greatest goal in life is ______. HDIF about my progress?
17. What goals have I set for myself this year? HDIFAT?
18. What personal goals have I set? HDIFAT?
19. What values, goals, or ideals will I absolutely not compromise? HDIFAT?

Our Parenting
1. How serious are our disagreements about parenting? HDIFAT?
2. In what ways do I feel superior to you as a parent and HDIFAT?
3. What are my best qualities as a parent and HDIFAT?
4. What are your best qualities as a parent and HDIFAT?
5. What does being a parent mean to me? HDIFAT?
6. What talent or quality as a parent do I most envy in you and HDIFAT?
7. Am I happier than my parents were at my age? HDIFAT?
8. Am I more affectionate or less affectionate than my parents? HDIFAT?
9. As a child, how were my parents most critical of me? HDIFAT?
10. As a parent, could you do better? HDIFAT?
11. Was my parent's relationship a healthy or unhealthy model for us? HDIFAT?
12. What kind of parent do I want to be? HDIFAT?
13. Would I change our parenting style considering the difficulties we have experienced? HDIFAT?

My In-laws
1. How have our in-laws contributed negatively to our family? HDIFAT?
2. How have our in-laws contributed positively to our family? HDIFAT?
3. What kind of relationship do I have with your in-laws? HDIFAT?