

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 PAST RELATIONSHIPS

1. Do I harbor hurts, grudges, or hard feelings from **past** injuries?
HDIFAT?
2. Can I begin to love myself enough to forgive my **past** mistakes?
HDIFAT?
3. Do I reflect more on present blessings or on my **past** misfortunes?
HDIFAT?
4. Do I rise above my **past**, or do I remain controlled by my past?
HDIFAT?
5. Do I rise above my past, or do I remain controlled by my **past**?
HDIFAT?
6. HDIF when dealing with my **past**?
7. HDIF when I have to deal with my **past**?
8. What specific event in my **past** has most affected my sexuality?
HDIFAT?
9. In what ways do I punish myself because of **past** mistakes? HDIFAT?
10. If I could go back and record any moment from our **past** so we could watch it from time to time, what would it be and why? HDIFAT?
11. If I could relive any moment from our **past**, what would it be?
HDIFAT?
12. Am I looking forward to tomorrow, living in the **past**, or simply living today? HDIFAT?
13. Do I tend to dwell on the **past**? HDIFAT?
14. HDIF about sharing my emotions / feelings from the **past**?
15. HDIF when I am digging up the **past**?
16. HDIF when you are digging up the **past**?
17. How am I hard on myself for things I have done in the **past**? HDIFAT?
18. How have we most grown in our relationship over the **past** year?
HDIFAT?
19. HDIF when you bring up **past** hurts?
20. HDIF when dealing with your **past**?
21. HDIF when I have to deal with your **past**?

My Childhood

1. One thing I missed during my **childhood** was _____. HDIFAT today?
2. What kind of **childhood** did I have? HDIFAT?
3. Have we shared old history from our **childhood** with each other? Why or why not? HDIFAT?

My Friends

1. Am I as loyal to my **friends** or co-workers as they want me to be? HDIFAT?
2. Am I more likely to make a few close **friends**, or many acquaintances? HDIFAT?
3. Are my **friends** or co-workers as loyal to me as I want them to be? HDIFAT?
4. As a child, my best **friend** was _____. HDIFAT?
5. Do I take my **friends** for granted? HDIFAT?
6. Have I ever been betrayed by a **friend**? HDIFAT?
7. Have I made good choices in my **friends**? HDIFAT?
8. Have I told my **friends** how important they are to me? HDIFAT?
9. Have we shared old history from our **childhood** with each other? Why or why not? HDIFAT?
10. HDIF about our **friends** that we never get to see?
11. HDIF about our **friends** who abuse drugs or alcohol?
12. HDIF when an old **friend** of mine wants to spend time with me?
13. HDIF when an old **friend** of yours wants to spend time with you?
14. HDIF when good **friends** of mine move away?
15. HDIF when good **friends** of ours move away?
16. HDIF when I hear that **friends** of ours are separating / getting divorced?
17. HDIF when I receive a phone call from an old **friend** I have not talked to in a long time?
18. HDIF when I see an **old** boyfriend / girlfriend?
19. HDIF when our **friends** let us down?
20. HDIF when we do not get to see special **friends** for a long time?
21. HDIF when we receive a phone call from an old **friend** we have not talked to in a long time?
22. I lost a **friend** when _____. HDIFAT?
23. What barriers or attitudes do I have that keep me from developing an intimate relationship with our **friends**? HDIFAT?
24. What do I think about the choices I have made in my **friends**? HDIFAT?
25. What do I think about the choices we have made in our **friends**? HDIFAT?
26. What **friend** have I known the longest? HDIFAT?
27. What **friend** of yours would I rather not be around? Why? HDIFAT?
28. When I think of the **friends** in our life, I feel _____.
29. When was the last time I called my special **friends** just to tell them I love them? HDIFAT?
30. When was the last time we called our special **friends** just to tell them we love them? HDIFAT?
31. Which one of our **friends** am I most comfortable with? HDIFAT?
32. Who is or was my best **friend** and why? HDIFAT?

My Ex-Spouse

1. HDIF about my ex-spouse?
2. HDIF about your involvement with your ex-spouse?
3. HDIF about our continued involvement with your ex-spouse?
4. HDIF about your ex-spouse?

5. HDIF when you don't get along with your ex-spouse?
6. HDIF about working with my ex-spouse to raise our children?
7. HDIF when you criticize me about my ex-spouse?
8. HDIF when you don't get along with my ex-spouse?
9. HDIF when you don't get along with your ex-spouse?
10. HDIF when I don't get along with my ex-spouse?
11. HDIF when I don't get along with your ex-spouse?
12. HDIF about being step-mom to your children?