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?