

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 SPIRITUAL LIFE

1. HDIF about my **spiritual** growth?
2. HDIF about my **spirituality**?
3. HDIF about our **spirituality**?
4. HDIF when I think about my current **spirituality**?
5. **Spirituality**: What does it mean to me? HDIFAT?
6. Am I growing **spiritually**? HDIFAT?
7. HDIF about our **spiritual** growth as a couple?
8. HDIF about us being a **spiritual** couple?
9. How can we improve our **spirituality** as a family? HDIFAT?
10. In what ways can I deepen our **spirituality**? HDIFAT?
11. What could I do to help my own **spiritual** growth? HDIFAT?
12. What could I do to help your **spiritual** growth? HDIFAT?
13. What do I think about our **spiritual** growth as a couple? HDIFAT?
14. What hobbies of mine get in the way of my **spirituality**? HDIFAT?
15. What is most threatening to my **spiritual** growth right now? HDIFAT?
16. What place do fasting and sacrifice have in my **spiritual** life? HDIFAT?

My Relationship to God

1. Am I suffering any disillusionment in my relationship with **God**? HDIFAT?
2. At what times do I feel closest to **God**? HDIFAT?
3. Can I see **God** in myself? HDIFAT?
4. Can I see **God** in other people? HDIFAT?
5. Can I see **God** in our children? HDIFAT?
6. Can I see **God** in you? HDIFAT?
7. Do I really believe that **God** loves me as I am, for who I am? HDIFAT?
8. Do I really trust **God**? HDIFAT?
9. Do I rely on **God** every day? HDIFAT?
10. Have I made peace with **God**? HDIFAT?
11. HDIF about **God**?
12. HDIF about my relationship with **God**?
13. HDIF about our relationship with **God**?
14. HDIF about the mask (personality style) I wear with **God**?
15. How well do I communicate with **God**? HDIFAT?
16. How well do I think I listen to **God**? HDIFAT?
17. In the area of **God** and our faith, what emotion / feeling do I find most difficult to share with you? HDIFAT?
18. In what area do I need to risk sharing more with **God**? HDIFAT?
19. In what areas do I have difficulty putting full trust in **God**? HDIFAT?

20. What discourages me? Do I turn my discouragements over to **God**? HDIFAT?
21. What do I expect of **God**? HDIFAT?
22. What do I think **God** wants for us? HDIFAT?
23. What do I want **God** to help us with? HDIFAT?
24. What emotions / feelings about **God** do I find most difficult to share? HDIFAT?
25. What expectations do I have of **God**? Are they being met? HDIFAT?
26. What expectations do I have of **God**? HDIFAT?
27. What obstacles do I need to overcome in order to love **God** better? HDIFAT?
28. When do I most feel the presence of **God**? HDIFAT?
29. After **God** forgives me, why cannot I forgive myself? HDIFAT?
30. Am I patient enough with **God**? HDIFAT?
31. Am I secure in the knowledge that **God** is present in my life even during my times of trouble? HDIFAT?
32. Am I secure in the knowledge that **God** is present in our lives even during our times of trouble? HDIFAT?
33. Am I willing to present my / our needs to **God** through prayer? HDIFAT?
34. Do I allow **God** to work in me? HDIFAT?
35. Do I believe **God** loves me? HDIFAT?
36. Do I believe in **God**, even when He does not speak? HDIFAT?
37. Do I ever feel **God** present and working in our marriage? HDIFAT?
38. Do I fear **God**? HDIFAT?
39. Do I give my relationship with **God** my full attention? HDIFAT?
40. Do I give thanks to **God** for what I have not received, accepting that is His plan? HDIFAT?
41. Do I make good use of the talents **God** has given to me? HDIFAT?
42. Do I make other things more important than **God**? HDIFAT?
43. Do I place artificial limits on **God**? How? HDIFAT?
44. Do I put more than the average amount of effort into my relationship with **God**? HDIFAT?
45. Do I reach **God** through my heart or through my head? HDIFAT?
46. Do I reach out to **God** when I need help? HDIFAT?
47. Do I really believe that **God** loves me where I am right now? HDIFAT?
48. Do I see myself the same way **God** sees me? HDIFAT?
49. Do I take my hurts to **God**, or just keep them to myself? HDIFAT?
50. Do I talk openly to **God**, or do I hold things back? HDIFAT?
51. Do I trust **God** to answer my prayers? HDIFAT?
52. Do I use the talents **God** has given to me? HDIFAT?
53. Do I want a deeper relationship with **God**, or do I think it is deep enough? HDIFAT?
54. Do I wish to deepen the experience of **God** in our relationship? If so, how? HDIFAT?
55. Do my personal goals conflict with the goals **God** has for me? HDIFAT?
56. Does my humility bring me closer to **God**? HDIFAT?
57. Have we said yes to **God** today? HDIFAT?
58. HDIF about asking **God** to help us?
59. HDIF about being unconditionally loved by **God**?
60. HDIF about **God** being a compassionate God?

61. HDIF about let go and let **God**?
62. HDIF about my service to **God**?
63. HDIF about seeing **God** in you?
64. HDIF about sharing my troubles with **God**?
65. HDIF about the blessings and gifts **God** has given me?
66. HDIF about the blessings and gifts **God** has given us?
67. HDIF about trusting **God** for all our needs?
68. HDIF knowing that **God** has entrusted me with something special of Himself?
69. HDIF knowing that **God** needs us?
70. HDIF trusting **God** to guide our lives?
71. HDIF when I realize **God** has spoken to me through you?
72. HDIF when I realize that **God** has spoken, or is speaking, to me through you?
73. How can I tell that **God** loves us? HDIFAT?
74. How do I gauge the blessings **God** has granted to us? HDIFAT?
75. How does my pride get in the way of my relationship with **God**? HDIFAT?
76. How well do I do trusting **God** to answer my needs? HDIFAT?
77. How well do I show my love to **God**? HDIFAT?
78. How well do we communicate with **God**? HDIFAT?
79. Is **God** part of our marriage? HDIFAT?
80. Is **God** the center of my life? HDIFAT?
81. Is my heart fully open to **God**? HDIFAT?
82. Is my image of **God** like my image of my father? HDIFAT?
83. Is there time enough for **God** in my busy life? HDIFAT?
84. It is difficult for me to listen to **God** when _____. HDIFAT?
85. My favorite time with **God** is _____. HDIFAT?
86. My image of **God** is _____. HDIFAT?
87. What about my relationship with **God** can be improved? HDIFAT?
88. What activities strengthen our relationship with **God** and Church? HDIFAT?
89. What activities weaken our relationship with **God** and Church? HDIFAT?
90. What are the things that bring me closer to **God**? HDIFAT?
91. What can I do to listen to **God** better? HDIFAT?
92. What can I do to make **God** a bigger part of our life? HDIFAT?
93. What do I do that keeps me from being closer to **God**? HDIFAT?
94. What gifts has **God** blessed me with? HDIFAT?
95. What is my favorite name for **God**? HDIFAT?
96. When am I most likely to ignore **God**? HDIFAT?
97. When **God** made me, what were His dreams for me? HDIFAT?
98. Who are my models for my relationship with **God**? HDIFAT?
99. Whoever loves is a child of **God**. HDIFAT?

My Practice

1. Do I take enough time to **pray/meditate** routinely? HDIFAT?
2. HDIF about my **prayer/meditation** life?
3. HDIF about our **prayer/meditation** life?
4. HDIF about the power of our **prayer/meditation**?

5. How can we incorporate **prayer/meditation** into our daily life? HDIFAT?
6. How do I like to **pray/meditate**? HDIFAT?
7. How often do I **pray/meditate**? HDIFAT?
8. In the area of **prayer/meditation**, what emotion / feeling do I find most difficult to share with you? Describe it
9. What is **prayer/meditation** to me? HDIFAT?
10. Am I impatient in **prayer/meditation**? HDIFAT?
11. Are we too busy for **prayer/meditation**? HDIFAT?
12. Do I believe in the power of **prayer/meditation**? HDIFAT?
13. Do I believe **prayer/meditation** changes things? HDIFAT?
14. Do I have an attitude of superiority or inferiority about **prayer/meditation**? HDIFAT?
15. Do I **pray/meditate** about my plans before I make a decision? HDIFAT?
16. Do I **pray/meditate** for love? HDIFAT?
17. Do I **pray/meditate** for others to change, or for changes in myself? HDIFAT?
18. Do I remember to **pray/meditate** when things are going well? HDIFAT?
19. Do I remember to **pray/meditate** when things are not going well? HDIFAT?
20. Have I ever felt a **prayer** was unanswered? HDIFAT?
21. In what areas do I fail to **practice** what I preach? HDIFAT?
22. My life is a **prayer/meditation**. HDIFAT?
23. What are my hopes and dreams for my **prayer/meditation** life? HDIFAT?
24. What are some of the things I **pray** for? HDIFAT?
25. What area of my **prayer/meditation** life do I need to work on? HDIFAT?
26. What can I do to make **prayer/meditation** a bigger part of our life? HDIFAT?
27. What do I **pray** for? HDIFAT?
28. What is my listening pattern when we talk about **prayer/meditation** or God? HDIFAT?
29. What mask (personality style) do I wear in the area of **prayer/meditation**? HDIFAT?
30. What power do I see in our **prayer/meditation**? HDIFAT?
31. When I **pray/meditate**, do I listen? HDIFAT?
32. When I **pray**, do I really mean the words I am saying, or is it just rote? HDIFAT?

My Religion

1. HDIF about my **religion**?
2. What does my **religion** mean to me? HDIFAT?
3. What is most appealing to me about being **religious**? HDIFAT?
4. Have I ever changed **religious** faiths? HDIFAT?
5. How do I behave in a group when they start talking about **religion**? HDIFAT?
6. Is **religion** something we do or something we live? HDIFAT?
7. What am I doing for my own **religious** education? HDIFAT?

My Faith

1. HDIF about being of my **faith**?
2. In the area of God and our **faith**, what emotion / feeling do I find most difficult to share with you? HDIFAT?
3. Is my **faith** growing or dying? HDIFAT?
4. Where do I stand in my **faith**? HDIFAT?
5. Do I generally have **faith** that everything will work out for the best? HDIFAT?
6. HDIF when someone questions my **faith**?
7. In our inter-faith marriage, do we celebrate aspects of both **faiths** in our relationship? HDIFAT?
8. What do I do that demonstrates my **faith**? HDIFAT?
9. What role does **faith** play in our relationship? HDIFAT?