

## 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 BODY

1. HDIF about my **body**?
2. HDIF about the way I take care of my **body**?
3. Am I taking care of my **body**? HDIFAT?
4. What is the most sensitive part of my **body**? HDIFAT?
5. HDIF when I look at my naked **body**?
6. Are you taking care of your **body**? HDIFAT?
7. HDIF about your **body**?

### My Food and Eating

1. Do I **eat** in response to my emotions / feelings? HDIFAT?
2. HDIF about our **eating** habits?
3. HDIF about our diet or **food** choices at this time?
4. What **foods** do I dislike the most? HDIFAT?
5. What **foods** do I like the best? HDIFAT?
6. Do I have a **diet** that works for me? HDIFAT?
7. HDIF when I am on a **diet**?
8. Do I **eat** or drink diet foods? HDIFAT?
9. Do I **eat** regular, well-balanced meals? HDIFAT?
10. Do I **eat** to live, or live to eat? HDIFAT?
11. Do I try to **eat** a balanced diet? HDIFAT?
12. HDIF when I am hungry but cannot or do not take time to **eat**?
13. It is suppertime and I have **eaten** more than I should. HDIFAT?
14. It is suppertime and I have **eaten** too much. HDIFAT?
15. HDIF about switching to low fat milk? Using less salt? **Eating** less red meat?
16. Do I eat or drink diet **foods**? HDIFAT?
17. Do I try to eat a balanced **diet**? HDIFAT?
18. Do I eat or drink **diet** foods? HDIFAT?
19. Is our **diet** life-giving? HDIFAT?
20. HDIF about changing my physical appearance through **diet**, exercise, cosmetics?
21. How many **diets** have I tried? HDIFAT?

### My Weight

1. HDIF about the changes in my physical appearance (**weight**, age)?

### My Exercise

1. Do I **exercise** regularly? HDIFAT?
2. HDIF about **exercising**?

3. HDIF about changing my physical appearance through diet, **exercise**, cosmetics?
4. HDIF about **exercising** together?

### **My Alcohol/Drug Use**

1. How has **alcohol** affected our lives? HDIFAT?
2. On average, how much **alcohol** do I drink in a month? HDIFAT?
3. HDIF about our use of **alcohol**?
4. Do I use **alcohol** or drugs to relax or alleviate pressure? HDIFAT?
5. Do I use **alcohol**, caffeine, or nicotine? HDIFAT?
6. HDIF about the pain-killers that I use (**alcohol**, drugs, hobbies, TV)?

### **My Health**

1. Do I take the time to take care of my **health**? HDIFAT?
2. HDIF about my **health**?
3. What is one thing about my **health** that bothers me? HDIFAT?
4. HDIF about my current state of **health**?
5. HDIF about my state of **health**? Do I take it for granted?
6. HDIF about dialoguing on **health**?
7. HDIF about your **health**?