

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 COMMUNICATION

1. Do I ever keep quiet because **communication** takes too much effort?
2. HDIF about our **communication** techniques?
3. How can we improve our sexual **communication** as a couple?
HDIFAT?
4. How important is spoken **communication** to our relationship?
HDIFAT?
5. How would I rate our **communication** skills? HDIFAT?
6. Is there anything that is barrier in our **communication** with each other? HDIFAT?
7. What area of our **communication** do I think I/we need to improve?
HDIFAT?
8. What listening skills could improve our **communication**? HDIFAT?
9. What risks should I be taking to keep our **communication** timely and alive? HDIFAT?
10. Am I open in our non-verbal **communication**? HDIFAT?
11. Am I open to your non-verbal **communication**? HDIFAT?
12. How can I **communicate** better with our children? HDIFAT?
13. Is family **communication** a value of mine? HDIFAT?
14. My ears are my most important **communication** tools. HDIFAT?
15. What is the most effective way I can **communicate** forgiveness?
HDIFAT?

My Authenticity

1. Am I **honest** with you about my emotions / feelings when I am stressed? HDIFAT?
2. Do I consider myself smoothly diplomatic or brutally **honest**? HDIFAT?
3. HDIF when I am direct and **honest**, putting all my cards on the table?
4. HDIF when I want to be **honest** but am afraid of hurting you?
5. HDIF when we are striving to be open and **honest** with each other?
6. What can you do to help me be more **honest** about myself? HDIFAT?
7. What does being an open and **honest** couple mean to me? HDIFAT?
8. What has kept me from being completely **honest** before now?
HDIFAT?
9. When do I think that **honesty** is not the best policy? HDIFAT?

My Listening

1. Do I **listen** most, or talk most in conversations? HDIFAT?
2. Do I **listen** to my conscience? HDIFAT?
3. Do I **listen** to others, or do I try to analyze them? HDIFAT?

4. Do I **listen** to you with my mind only, or also with my heart? HDIFAT?
5. Do I try to fix my people's problems or can I **listen** to them and simply accept them as they are? HDIFAT?
6. Do I try to fix your problems, or just **listen** and accept how you feel about them? HDIFAT?
7. HDIF about asking you to help me **listen** better?
8. HDIF when I am not **listened** to?
9. HDIF when I do not **listen**?
10. HDIF when I **listen** to my inner self instead of listening to other people?
11. HDIF when I **listen** to you with my heart?
12. HDIF when you **listen** to me?
13. How do I fail sometimes as a good **listener**? HDIFAT?
14. How do I **listen** to you? What is my pattern? HDIFAT?
15. How do I succeed sometimes as a good **listener**? HDIFAT?
16. How well do I **listen** to you? HDIFAT?
17. In what important areas do I find it most difficult to **listen** to you? HDIFAT?
18. In what ways can I become a better **listener** for you? HDIFAT?
19. What does **listening** mean to me? HDIFAT?
20. What effect does my not **listening** have on our relationship? HDIFAT?
21. What is getting in the way of my **listening** to you today? HDIFAT?
22. What is the difference between hearing you and **listening** to you? HDIFAT?
23. What kind of **listener** am I? HDIFAT?
24. When I want you to **listen** to me, do I also want you to agree with me? HDIFAT?
25. When is the last time I truly felt **listened** to by you? HDIFAT?
26. How well do I really **listen** to you? HDIFAT?
27. I find it difficult to **listen** to you when _____. HDIFAT?
28. I find it easy to **listen** to you when _____. HDIFAT?
29. My greatest distraction while **listening** to you is _____. HDIFAT?
30. What areas have I closed my ears to **listening** to you? HDIFAT?
31. After a fight: When did I refuse to **listen** or ignore what was said? HDIFAT?
32. Am I a full-time **listener** or only a part-time listener? HDIFAT?
33. Am I closed to **listening** to you on certain topics? HDIFAT?
34. Am I often preoccupied when **listening** to other people? HDIFAT?
35. Can we **listen** better to each other? HDIFAT?
36. Do I consider myself a good **listener**? HDIFAT?
37. Do I ever apologize to you after I have failed to **listen**? HDIFAT?
38. Do I ever **listen** to you with my eyes? HDIFAT?
39. Do I **listen** better to you or to others? HDIFAT?
40. Do I **listen** to our children, not just to their problems, but their day? HDIFAT?
41. HDIF about **listening** to rumors?
42. HDIF when I am not **listened** to, and then something goes wrong because of it?
43. HDIF when I **listen** to your gripes?
44. How does my mask (personality style) interfere with the way I **listen** to you? HDIFAT?

45. How does my mask (personality style) prevent me from **listening** to you with my heart and HDIFAT?
46. How well do I **listen** to my conscience? HDIFAT?
47. How well have I been **listening** to you lately? HDIFAT?
48. I find it useless to **listen** to you when _____. HDIFAT?
49. In what areas do I not **listen** to you? To our children? HDIFAT?
50. It is difficult for me to **listen** to you when _____. HDIFAT?
51. **Listening** is most difficult for me when _____. HDIFAT?
52. What blocks to **listening** are in our relationship? HDIFAT?
53. What can I do to **listen** to you better? HDIFAT?
54. What distracts me when I try to **listen** to you? HDIFAT?
55. What environment is best for **listening**? HDIFAT?
56. What is most likely to distract me when I am trying to **listen** to you? HDIFAT?
57. What is my biggest defect in **listening** to you? HDIFAT?
58. What is my greatest talent in **listening** to you? HDIFAT?
59. What is my **listening** pattern when we talk about handling money? HDIFAT?
60. What **listening** skills could improve our communication? HDIFAT?
61. What **listening** skills could improve our relationship? HDIFAT?
62. What prevents me from **listening** to you? HDIFAT?
63. What topic gives me the most difficulty in **listening** to you? HDIFAT?
64. When am I not **listening** to you? HDIFAT?
65. When did I think I was **listened** to? HDIFAT?
66. When do I last think I was **listened** to? HDIFAT?

My Self Expression

1. Do I encourage or discourage myself from **expressing** my emotions / feelings? HDIFAT?
2. Do I ever keep quiet because I do not know how to **express** my thoughts and feelings? HDIFAT?
3. Do I **express** me needs to other people? HDIFAT?
4. Do I **express** my emotions / feelings spontaneously? HDIFAT?
5. HDIF about the way I **express** myself?
6. What emotions / feelings do I have the most trouble **expressing**? HDIFAT?
7. Do I encourage or discourage other people from **expressing** their emotions / feelings? HDIFAT?
8. Do I encourage or discourage you from **expressing** your emotions / feelings? HDIFAT?
9. HDIF knowing my emotions / feelings **express** who I am?
10. HDIF when I am able to **express** my physical needs to you in our lovemaking?
11. HDIF when I am not able to **express** my physical needs to you in our lovemaking?
12. HDIF when I **express** opinions contrary to yours?
13. How do I **express** my anger? HDIFAT?
14. What of my emotions / feelings is most likely to lead to an **expression** of anger? HDIFAT?
15. When has **expressing** emotion / feeling strengthened our marriage? HDIFAT?