

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 FAMILY OF ORIGIN

1. HDIF about keeping in touch with my extended **family**?
2. HDIF about members of our extended **family**?
3. HDIF about my relationship with my **family**?
4. HDIF about my relationship with your **family**?
5. HDIF about our current level of involvement with our extended **families**?
6. HDIF about spending time with my **family**?
7. HDIF about spending time with your **family**?
8. HDIF about the expectations my **family** has for us?
9. HDIF about the expectations your **family** has of us?
10. HDIF about the time I spend with my **family**?
11. HDIF about the time I spend with your **family**?
12. HDIF about the time we spend with my **family**?
13. HDIF about the time we spend with your **family**?
14. HDIF about the unmet expectations I have regarding your **family**?
15. HDIF about your relationship with your **family**?
16. HDIF when we get together with **family**?
17. HDIF when we go to visit our **families**?
18. HDIF when we talk about my **family** of origin?
19. HDIF when we talk about your **family** of origin?
20. Have we inherited any **family** traditions from our grandparents?
HDIFAT?
21. HDIF about being part of this **family**?
22. HDIF about being with **family** during the holidays?
23. HDIF about **family** reunions?
24. HDIF about **family** secrets?
25. HDIF about keeping ethnic traditions alive in our **family**?
26. HDIF about my **family** name, my family tree, my relatives, my ancestors?
27. HDIF about our **family** traditions or the lack of them?
28. HDIF about someone who has died in our **family**?
29. HDIF on those occasions when my **family** makes demands on us?
30. HDIF on those occasions when our **families** criticize our involvements?
31. HDIF on those occasions when our **families** criticize our lifestyle?
32. HDIF on those occasions when your **family** makes demands on us?
33. HDIF sharing our lifestyle with our **families**?
34. HDIF when a member of my **family** is ill?
35. HDIF when I receive a compliment from someone in our **family**?

36. HDIF when my **family** makes demands on us?
37. HDIF when our **families** criticize our lifestyle and involvements?
38. HDIF when someone in our **family** helps me?
39. HDIF when we are torn between our **families**?
40. HDIF when we have argued with **family** members?
41. HDIF when we spend a day with our extended **families**?
42. HDIF when your **family** makes demands on us?
43. How did my **family** handle the subject of death or death itself?
HDIFAT?
44. How do we lovingly pass on our **family** traditions? HDIFAT?
45. How far back can I trace my **family** tree? HDIFAT?
46. How supportive are we of our extended **family**? HDIFAT?
47. Our relationship to your **family** is _____. HDIFAT?
48. What expectations do I have of your **family**? HDIFAT?
49. What **family** Christmas memory will I always remember? HDIFAT?
50. What **family** memories of spring do I have? HDIFAT?
51. What **family** values do I most want to pass on? HDIFAT?
52. What person in my **family** has lived the longest? HDIFAT?
53. What special memory do I have when I look at old **family** photos?
HDIFAT?
54. Where would I turn for help if my **family** were not available? HDIFAT?
55. Which **family** rituals are really important to me? Why? HDIFAT?
56. HDIF about your relationship with my **family**?

My Past

1. Am I looking forward to tomorrow, living in the **past**, or simply living today? HDIFAT?
2. Do I harbor hurts, grudges, or hard feelings from **past** injuries?
HDIFAT?
3. Do I rise above my **past**, or do I remain controlled by my past?
HDIFAT?
4. Do I tend to dwell on the **past**? HDIFAT?
5. HDIF about sharing my emotions / feelings from the **past**?
6. HDIF when dealing with my **past**?
7. HDIF when dealing with your **past**?
8. HDIF when I am digging up the **past**?
9. HDIF when I have to deal with my **past**?
10. HDIF when I have to deal with your **past**?
11. HDIF when you bring up **past** hurts?
12. In what ways do I punish myself because of **past** mistakes? HDIFAT?
13. Share a memory from your **past** that you cherish. HDIFAT?
14. What specific event in my **past** has most affected my sexuality?
HDIFAT?
15. Can I begin to love myself enough to forgive my **past** mistakes?
HDIFAT?
16. Do I reflect more on present blessings or on my **past** misfortunes?
HDIFAT?
17. HDIF about **past** Christmases (As a child)? HDIFAT?
18. How am I hard on myself for things I have done in the **past**? HDIFAT?
19. How have our **past** failures helped us to grow? HDIFAT?

20. 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?
21. If I could relive any moment from our **past**, what would it be? HDIFAT?
22. In what areas have we grown because of **past** failures? HDIFAT?
23. What became of the good resolutions I have made in the **past**? HDIFAT?
24. What have I learned about myself in the **past** year? HDIFAT?
25. What is my favorite memory of a Christmas **past**? HDIFAT?
26. What is my happiest memory of the **past** year? HDIFAT?
27. When I consider our **past** times together, do I have a better memory for the positive aspects or for the negative aspects? HDIFAT?

My Mother

1. Am I holding onto any resentment, bitterness or anger toward my **mother**? HDIFAT?
2. Am I more like my **mother** or my father? HDIFAT?
3. As a child, was I closer to my **mother** or father? HDIFAT?
4. As an adult, am I closer to my **mother** or father? HDIFAT?
5. HDIF about my **mother**?
6. HDIF about the influence of my **mother** in my life?
7. How am I like my **mother**? HDIFAT?
8. How does my attitude toward my **mother** affect us? HDIFAT?
9. How is my father / **mother** still influencing my life? HDIFAT?
10. In one word, my **mother** is (or was) _____. HDIFAT?
11. What effect has my **mother** had on my life? HDIFAT?
12. What is the greatest gift my **mother** gave me? HDIFAT?
13. When do I feel closest to my **mother**? HDIFAT?
14. Are you more like your **mother** or father? HDIFAT?
15. HDIF about your **mother**?
16. HDIF when I hear myself say things my **mother** or father said?
17. HDIF when you say, You are just like your **mother**?
18. How are you like your **mother**? HDIFAT?
19. How does my attitude toward your **mother** affect us? HDIFAT?
20. What qualities in your **mother** do I also see in you? HDIFAT?
21. What quality do I most admire in your **mother** / father? HDIFAT?
22. When was the last time I thanked my **mother** for being my mom? HDIFAT?

My Father

1. Am I holding onto any resentment, bitterness or anger toward my **father**? HDIFAT?
2. Am I more like my mother or my **father**? HDIFAT?
3. As a child, was I closer to my mother or **father**? HDIFAT?
4. As an adult, am I closer to my mother or **father**? HDIFAT?
5. HDIF about my **father**?
6. HDIF about the influence of my **father** in my life?
7. HDIF when I hear myself say things my mother or **father** said?
8. How am I like my **father**? HDIFAT?
9. How does my attitude toward my **father** affect us? HDIFAT?
10. How is my **father** still influencing my life? HDIFAT?

11. In one word, my **father** is (or was) _____. HDIFAT?
12. What is my fondest memory of my **father**?
13. When do I feel closest to my **father**? HDIFAT?
14. Are you more like your mother or **father**? HDIFAT?
15. HDIF about my role as a mother / **father**?
16. HDIF about your **father**?
17. HDIF when you say, You are just like your **father**?
18. How are you like your **father**? HDIFAT?
19. How does my attitude toward your **father** affect us? HDIFAT?
20. What quality do I most admire in your mother / **father**? HDIFAT?

My Relatives

1. HDIF about visiting our distant **relatives**?
2. HDIF when **relatives** visit?
3. What do I like best and least when we get together with the **relatives**? HDIFAT?
4. Do I have a favorite **relative**? HDIFAT?
5. Do I spend enough time with **relatives**? HDIFAT?
6. HDIF about having **relatives** over for the holidays?
7. HDIF about my family name, my family tree, my **relatives**, my ancestors?