

## 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 FUTURE

1. Do I feel better enjoying the present or anticipating the **future**?
2. HDIF about our financial **future**?
3. HDIF about planning for our **future**?
4. Realistically, what do I expect of our relationship in the **future**?  
HDIFAT?
5. What are my concerns about the **future**? HDIFAT?
6. What are my hopes and dreams for our **future**? HDIFAT?
7. What are my hopes for our **future** together? HDIFAT?
8. Am I excited about our **future**? HDIFAT?
9. What have I learned from looking backwards that can enrich my **future** relationship with my people? HDIFAT?
10. What might be fun for us in the **future**? HDIFAT?

### My Goals

1. HDIF about discussing our **goals** and values with you?
2. HDIF about my lifetime **goals**?
3. HDIF about our **goals** as a couple?
4. My greatest **goal** in life has been \_\_\_\_\_. HDIFAT?
5. My greatest **goal** in life is \_\_\_\_\_. HDIF about my progress?
6. What are my **goals** for \_\_\_\_\_? HDIFAT?
7. What are my **goals** for the coming year? HDIFAT?
8. What are my **goals** for the next two weeks? HDIFAT?
9. What **goals** have I set for myself this year? HDIFAT?
10. What **goals** would I like to archive in the next few months? HDIFAT?
11. What personal **goals** have I set? HDIFAT?
12. What values, **goals**, or ideals will I absolutely not compromise?  
HDIFAT?
13. As the basis of my **goals** in life, I want to be \_\_\_\_\_. HDIFAT?
14. Do I have enough time to accomplish my **goals**? HDIFAT?
15. Do I let obstacles distract me from my **goals**? HDIFAT?
16. Do I limit my **goals** in order to avoid confronting my weaknesses?  
HDIFAT?
17. Do my personal goals conflict with our **goals**? HDIFAT?
18. Do my personal **goals** conflict with our goals? HDIFAT?
19. Have I ever lost sight of my dreams or **goals**? HDIFAT?
20. What **goals** do I have that I have not shared with you yet? HDIFAT?
21. What **goals** would I like to see us achieve in the next few months?  
HDIFAT?
22. What **goals** would I like us to achieve this month? HDIFAT?

## My Projects

1. Do I ever get so involved with my **projects** that I neglect other people? HDIFAT?
2. Do I ever get so involved with others that I neglect my own **projects**? HDIFAT?
3. HDIF about my unfinished **projects**?
4. HDIF when I have completed a **project**?
5. HDIF when I have to start a **project** over again?
6. What unfinished **projects** would I like finish? HDIFAT?
7. HDIF when we have to work together on a **project**?
8. When working on a big **project**, am I more likely: to start at the beginning and take it step by step; start with the end and work my way back; or dive in somewhere in the middle? HDIFAT?

## My Visions

1. What are my **visions** and hopes for tomorrow? HDIFAT?
2. What **visions** and hopes do I have for us? HDIFAT?

## My Death

1. HDIF about **death** and dying?
2. HDIF about my eventual **death**?
3. HDIF knowing that **death** is inevitable?
4. In the area of **death**, what emotion / feeling do I find most difficult to share with you? HDIFAT?
5. What is it about **death** that frightens me the most? HDIFAT?
6. What is my greatest fear about my **death**? HDIFAT?
7. HDIF about **death**?
8. HDIF about life after **death**?
9. HDIF about the **death** of my parents?
10. HDIF when I am frightened (or not frightened) by **death**?
11. HDIF when I hear of a **death**?
12. How did my family handle the subject of **death** or death itself? HDIFAT?
13. What is my earliest memory of **death** in my childhood? HDIFAT?
14. What kind of **death** frightens me the most? HDIFAT?
15. What mask (personality style) do I wear in the area of **death**? HDIFAT?
16. What would I choose as the time and circumstances of my **death**? HDIFAT?