

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 SOCIAL LIFE

1. HDIF at **social** gatherings when I meet a lot of new faces?
2. In **social** situations, do I worry about saying something stupid or uninformed? HDIFAT?
3. How seriously do I take my **social** obligations? HDIFAT?
4. What type of people do I like to **socialize** with? HDIFAT?
5. HDIF when we go out **socially**?
6. HDIF when I must conform to **social** standards?

My Friends

1. Am I more likely to make a few close **friends**, or many acquaintances? HDIFAT?
2. Do I have deep **friendships** with a few, or broad friendships with many? HDIFAT?
3. Do I make **friends** easily? HDIFAT?
4. Do I prefer to be alone, with 2 or 3 close **friends**, in a small group, or at a huge gathering? HDIFAT?
5. Do I usually initiate **friendships** or wait to be approached? HDIFAT?
6. Have I made good choices in my **friends**? HDIFAT?
7. HDIF about you as my best **friend**?
8. HDIF when I am with good **friends**?
9. In what ways are you my best **friend**? HDIFAT?
10. What do I think about the choices I have made in my **friends**? HDIFAT?
11. What does having good **friends** mean to me? HDIFAT?
12. What **friend** have I known the longest? HDIFAT?
13. What one quality do I look for most in a **friend**? HDIFAT?
14. What qualities do I look for in a **friend**? HDIFAT?
15. Am I a good **friend**? HDIFAT?
16. As a child, my best **friend** was _____. HDIFAT?
17. Do I have enough close **friends**? HDIFAT?
18. Do I have **friends** of the opposite sex? HDIFAT?
19. Do I have many close **friends** outside of my family? HDIFAT?
20. Do I prefer to talk to my **friends** superficially, or really get to know their heart? HDIFAT?
21. Do I spend enough time with **friends**? HDIFAT?
22. Do I take my **friends** for granted? HDIFAT?
23. Have I told my **friends** how important they are to me? HDIFAT?
24. HDIF about having a drink with **friends**?
25. HDIF about our **friends** that we never get to see?

26. HDIF about widening our circle of **friends**?
27. HDIF when **friends** invite us but do not come over in return?
28. HDIF when our **friends** let us down?
29. HDIF when we are not getting along well and are with **friends**?
30. HDIF when we are with good **friends**?
31. HDIF when we entertain **friends** at home?
32. How do I go about making **friendships**? Do I wait for them to come to me? HDIFAT?
33. How important are **friendships** to the health of our relationship? HDIFAT?
34. What do I think about the choices we have made in our **friends**? HDIFAT?
35. What role do **friends** play in our marriage? HDIFAT?
36. When I think of the **friends** in our life, I feel _____.
37. Which one of our **friends** am I most comfortable with? HDIFAT?
38. Which three qualities do I require in a **friend**? HDIFAT?
39. Who is or was my best **friend** and why? HDIFAT?
40. Would I rather have many friends with shorter contact, or fewer **friends** with longer contact? HDIFAT?
41. You are my best **friend**. HDIFAT?

My Group

1. HDIF about being part of a sharing or support **group**?
2. HDIF about continuing in a sharing or support **group**?
3. HDIF when I have to work in a **group**?
4. Do I prefer to be alone, with 2 or 3 close friends, in a small **group**, or at a huge gathering? HDIFAT?
5. HDIF about talking in front of large **groups**?
6. HDIF conversing one-on-one versus conversing in a small **group**?
7. In **group** tasks, do I feel better when cooperation is high or when efficiency is high? HDIFAT?
8. In **groups**, I feel _____ and I tend to _____. HDIFAT?
9. What do I do in a **group** of strangers to be accepted and HDIFAT?
10. With what age **group** do I feel least comfortable? HDIFAT?

My Fun

1. Do we have **fun** together? HDIFAT?
2. HDIF about **fun** in our marriage?
3. HDIF about the fun, or lack of **fun**, in our relationship?
4. How do I like to have **fun**? HDIFAT?
5. What is **fun** for me? HDIFAT?
6. What is **fun** for us as a couple? HDIFAT?
7. At parties, am I often bored or do I usually have **fun**? HDIFAT?
8. Do we have enough **fun** in our relationship? HDIFAT?
9. Do I need to be free to do whatever looks like **fun** when the time comes? HDIFAT?
10. What might be **fun** for us in the future? HDIFAT?
11. When was the last time we did something **fun** and foolish as a couple? HDIFAT?

My Activities

1. Do I expect us to be involved in mutual **activities**? HDIFAT?
2. What **activities** are we involved in that cause friction in the family? HDIFAT?
3. What routine **activity** do I hate the most? HDIFAT?
4. What thing or **activity** would it be difficult for me to give up and why? HDIFAT?
5. Am I ready to give up some singles' **activity** that separates us? HDIFAT?
6. Do I look for self-worth in possessions or **activities**? HDIFAT?
7. Does a recreational **activity** keep us separated much of the time? HDIFAT?
8. During an average week, what **activities** enhance our relationship? HDIFAT?
9. HDIF about our family **activities**?
10. HDIF when **activities** separate us?
11. HDIF when I put **activities** before our relationship?
12. How are we **active** in our community? HDIFAT?
13. In an average week, what **activities** work against our relationship? HDIFAT?
14. In an average week, what **activities** work to enhance our relationship? HDIFAT?
15. HDIF when we put **activities** before our relationship?