

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 WORK

1. HDIF about going to **work** each day?
2. HDIF about having to **work** overtime to make ends meet?
3. HDIF about my involvement with **work**?
4. HDIF about my **work**?
5. HDIF about the amount of time I spend on my **work**?
6. HDIF about the distance I have to travel to get to **work**?
7. HDIF about the level of responsibility I have at **work**?
8. HDIF about the number of hours I **work**?
9. HDIF when I **work** late?
10. What is my attitude toward my **work**? HDIFAT?
11. Am I more willing to work, or willing to let others do the **work**? HDIFAT?
12. Do I derive happiness from doing a good day's **work**? HDIFAT?
13. Have I ever called in sick to **work** just to get time off? HDIFAT?
14. HDIF about letting others do the **work**, even if I know it will be partly wrong or incomplete?
15. HDIF about missing **work**?
16. HDIF about my volunteer **work**?
17. HDIF about sharing **work** with someone who has lower standards?
18. HDIF about taking on extra **work** to advance my career?
19. HDIF about taking on extra **work** to have some luxuries?
20. HDIF about the organization of my office space at **work**?
21. HDIF about **working** many hours in a room with no windows?
22. HDIF about **working** overtime?
23. HDIF about **working** weekends?
24. HDIF when I am asked to **work** overtime?
25. HDIF when I have to do most of the **work** for a project?
26. HDIF when I have to **work** late?
27. HDIF when someone does a better job at **work** than I do?
28. HDIF when things go wrong at **work**?
29. HDIF when **work** makes demands of me that seem unfair?
30. How would I feel **working** under someone who is always fair but not so kind? HDIFAT?
31. How would I feel **working** under someone who is always kind but not so fair? HDIFAT?
32. How would the people I **work** with describe me? HDIFAT?
33. The **work** I am doing now is _____. HDIFAT?

My Career

1. Am I happy with my job or **career**? HDIFAT?
2. Does my job or **career** affect our relationship? HDIFAT?
3. HDIF about my **career**?
4. HDIF about my job or **career**?
5. HDIF right now about my job or **career**?
6. Am I a **career** person? HDIFAT?
7. Does my job or **career** hinder our relationship? HDIFAT?
8. HDIF about my **career** now?
9. HDIF about taking on extra work to advance my **career**?
10. HDIF about the priorities of job or **career** versus relationship priorities?
11. HDIF when you lose interest in your job, **career** or housework?
12. HDIF when your job or **career** interferes with our relationship?
13. If I could change **careers**, what would I like to do? HDIFAT?
14. If I could change my **career**, what would I like to do? HDIFAT?
15. What has been the effect of my job or **career** on our relationship? HDIFAT?
16. Would I change jobs / **careers** for the sake of our relationship? HDIFAT?

My Job

1. Am I happy with my **job** or career? HDIFAT?
2. HDIF about my **job** now?
3. HDIF about my **job** or career?
4. HDIF about my **job**?
5. HDIF right now about my **job** or career?
6. What expectations do I have of my **job**? Are they being met? HDIFAT?
7. What has been the effect of my **job** or career on our relationship? HDIFAT?
8. What has been the effect of your **job** or career on our relationship? HDIFAT?
9. Where in my **job** do I experience stress? HDIFAT?
10. Am I good at my **job**? HDIFAT?
11. Does my **job** or career affect our relationship? HDIFAT?
12. HDIF about quitting my job although I do not have another **job** lined up?
13. HDIF about quitting this **job**?
14. HDIF about stopping to organize a **job** carefully before I start?
15. HDIF about the priorities of **job** or career versus relationship priorities?
16. HDIF plunging in to a **job**, discovering what is necessary as I go?
17. HDIF when **job** or career separates us?
18. HDIF when someone does a better **job** at work than I do?
19. HDIF when someone mentions my **job** title?
20. HDIF when you lose interest in your **job**, career or housework?
21. HDIF when your **job** or career interferes with our relationship?
22. How do I behave when I think I can do a **job** better than someone else can? HDIFAT?
23. How many different **jobs** have I had in my life? HDIFAT?
24. If I could do any other **job** than the one I am doing, I would do _____. HDIFAT?

25. If I could try a new **job** for one day, I would try _____. HDIFAT?
26. What are my **jobs** in life? HDIFAT?
27. What would be my idea of a dream **job**? HDIFAT?
28. Would I change **jobs** / careers for the sake of our relationship? HDIFAT?

My Co-Workers

1. HDIF about the level of morale at my **workplace**?
2. What unique qualities do I bring to my **workplace**? HDIFAT?
3. How critical am I to my **workplace**? HDIFAT?

My Boss

1. HDIF about my **boss**?
2. HDIF about the **boss**?
3. HDIF about asking my **boss** for a raise or promotion, if I think I deserve it?
4. HDIF about being my own **boss**?
5. HDIF when the **boss** reprimands me?

My Income

1. If we doubled our present **income**, would we be any happier? HDIFAT?
2. If I doubled my present **income**, would I be any happier? HDIFAT?
3. HDIF about tithing a portion of our **income**?