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 MARRIAGE/RELATIONSHIP

Addictive Behavior
1. How has alcohol affected our lives? HDIFAT?
2. On average, how much alcohol do I drink in a month? HDIFAT?
3. HDIF about our use of alcohol?
4. Do I use alcohol or drugs to relax or alleviate pressure? HDIFAT?
5. Do I use alcohol, caffeine, or nicotine? HDIFAT?
6. HDIF about the pain-killers that I use (alcohol, drugs, hobbies, TV)?
7. HDIF at parties when guests have had too much alcohol?
8. Our children are tempted by alcohol, drugs, sexuality. HDIFAT?