<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dialogue Starter List</td>
<td>2-4</td>
</tr>
<tr>
<td>Everyday Dialogue Questions</td>
<td>5</td>
</tr>
<tr>
<td>Questions to Keep Asking</td>
<td>5</td>
</tr>
<tr>
<td>On The Lighter Side</td>
<td>6</td>
</tr>
<tr>
<td>Family Dialogue</td>
<td>7</td>
</tr>
<tr>
<td>Parenthood/Family</td>
<td>8-9</td>
</tr>
<tr>
<td>Life</td>
<td>10</td>
</tr>
<tr>
<td>Holidays/Seasons</td>
<td>11-13</td>
</tr>
<tr>
<td>Thanksgiving</td>
<td>11</td>
</tr>
<tr>
<td>Christmas</td>
<td>11</td>
</tr>
<tr>
<td>New Year</td>
<td>12</td>
</tr>
<tr>
<td>Lent/Holy Week</td>
<td>12</td>
</tr>
<tr>
<td>Easter</td>
<td>13</td>
</tr>
<tr>
<td>Labor/Work</td>
<td>13</td>
</tr>
<tr>
<td>Scripture Dialogue</td>
<td>14-15</td>
</tr>
<tr>
<td>Prayer/Spirituality</td>
<td>16-17</td>
</tr>
<tr>
<td>Create in Me a New Heart</td>
<td>17</td>
</tr>
<tr>
<td>Romance</td>
<td>18-20</td>
</tr>
<tr>
<td>Ready, Set, Grow!</td>
<td>21</td>
</tr>
<tr>
<td>School Education</td>
<td>21</td>
</tr>
<tr>
<td>Who Am I?</td>
<td>22-23</td>
</tr>
</tbody>
</table>

A collection of dialogue questions from WWME communities, originally compiled by Pat and Debye Galaska.
DIALOGUE STARTER LIST

In addition to the old stand-by, “what was my strongest feeling today?”, try making one of these your new stand-by...

1. How am I life-giving to you? HDIFAT?
2. How does my negative or positive self-image affect me in being life-giving?
3. How do I feel when you criticize me?
4. Knowing the choice is ours to continue what the weekend started, how do I feel?
5. HDIFAMA being part of a share group?
6. What is the biggest change our family/friends have seen in us since our weekend? HDIFAMA?
7. (How do I feel about my answer)
8. There really IS a New World somewhere! HDIFAT?
9. Love is a gift I freely give to you. HDIFAT?
10. What does “being open” mean to me?
11. What quality in you do I admire most?
12. How do you most help me?
13. When have I felt the most loved? (this week, this year, ever)
14. What does “trust” mean to me?
15. I think our greatest weakness as a couple is ___________________________. HDIFAT?
16. What is the biggest change our family/friends have seen in us since our weekend? HDIFAMA?
17. What are the positive signs of growth I see in us? HDIFAMA?
18. What are my feelings about how you accept me?
19. What is one thing you do that makes me feel ___________________________. HDIFAT?
20. Dialogue can be a daily date. HDIFAT?
21. What was the most significant part of our ME weekend? HDIFAT?
22. In what areas do I not listen to you? To our children? HDIFATA?
23. How do I feel when you criticize me?
24. HDIFAMA our vacations?
25. HDIFAMA “dating” you?
26. HDIFAMA your job?
27. HDIFAMA my job?
28. How did I feel Friday night of our weekend, HDIFAT?
29. How do I feel about praying aloud?
30. The time I feel most alive is _____________. HDIFAT?
31. What are the positive signs of growth I see in us? HDIFAMA?
32. What are my feelings about how I accept you?
33. What are my feelings about how you accept me?
34. Where do I feel the need to be reconciled with our children? HDIFAMA?
35. In what areas do I not listen to you? To our children? HDIFATA?
36. Does how I spend my time reflect the priorities and values I think I believe?
37. HDIFAMA when we attend a sing-off?
38. HDIFAMA my job?
39. HDIFAMA your job?
40. HDIFAMA our possessions?.
41. HDIFAMA our hospitality?
42. HDIFAMA paying the bills?
43. HDIFAMA how we spend our money?
44. What are my attitudes about money? HDIFAMA?
45. Do I see us as financially responsible? HDIFAMA?
46. HDIFAMA working out a budget and sticking to it?
47. HDIFAMA when l/you balance the checkbook?
48. HDIFAMA when l/you have to work overtime?
49. HDIFAMA how we use our financial resources.
50. HDIFAMA when we make big financial decisions?
51. HDIFAMA when we’re faced with too many bills?
52. HDIFAMA when I want something we can’t afford?
53. HDIFAMA when you want something we can’t afford?
54. HDIFAMA when we want something we can’t afford?
55. HDIFAMA how we share our possessions with others?
56. What do I value most about our lifestyle?
57. What do I value least about our lifestyle?
58. Our lifestyle is a reflection of our values. HDIFAMA?
59. What is my biggest fear about our financial situation? HDIFSTWWY?
60. What are the things that make it difficult for me to talk about money with you? HDIFSTWWY?
61. How are we different in how we make decisions about money? HDIFAT?
62. How are we similar in how we make decisions about money? HDIFAT?
63. HDIFAMA my death?
64. HDIFAMA your death?
65. HDIFAMA the death of my parents?
66. How would I feel if one of our children died?
67. Death frightens me (or not). HDIFAT?
68. HDIFAMA being separated from you through death?
69. HDIFAMA living the rest of my life without you?
70. What I want you to remember most about me is ... HDIFAT?
71. HDIFAMA living today knowing we are not guaranteed tomorrow?
72. How do we affect the marriages of others around us?
73. HDIFAMA our lifestyle?
74. HDIFAMA our diet?
75. HDIFAMA how we play together?
76. HDIFAMA when I hear “Love isn’t love ‘till you give it away”?
77. HDIFAMA taking on a ministry as a couple?
78. HDIFAMA the upkeep of our home?
79. HDIFAMA splitting of daily chores?
80. HDIFAMA how we live out our faith?
81. HDIFAMA when we dialogue frequently?
82. HDIFAMA when we don’t dialogue frequently?
83. HDIFAMA our children fight?
84. HDIFAMA when our budget is tight?
85. HDIFAMA when we’re too busy for each other?
86. HDIFAMA when we fight?
87. HDIFAMA when we are swamped with responsibility?
88. Do we have fun together?
89. HDIFAMA a vacation?
90. HDIFAMA saying Grace at meals?
91. HDIFAMA the atmosphere in our home?
92. HDIFAMA about having relatives over for the holidays?
93. HDIFAMA going to relatives’ homes for the holidays?
94. HDIFAMA how we decide whether to make love?
95. HDIFAMA going on a monthly/weekly date?
96. Our lifestyle is a reflection of our values. HDIFAMA?
97. HDIFAMA when we’re faced with too many bills?
98. HDIFAMA how we live out our faith?
99. What would I really like for an anniversary gift (not a purchased gift)?
100. HDIFAMA my health?
101. HDIFAMA your health?
102. Do I feel comfortable with our wills?
103. HDIFAMA our savings and retirement plans?
104. HDIFAMA our children’s privacy?
105. HDIFAMA our privacy?
106. HDIFAMA continuing in a share group?
107. HDIFAMA our use of spare time?
108. HDIFAMA our spending on gifts?
109. HDIFAMA our spending on clothing?
110. HDIFAMA our children’s education?
111. HDIFAMA having children in daycare?
112. HDIFAMA when I say no?
113. HDIFAMA when I say yes?
114. HDIFAMA when I say no?
115. HDIFAMA when I say yes?
116. HDIFAMA when I hear you say something derogatory about me?
117. HDIFAMA when I hear you say something complimentary about me?
118. HDIFAMA when you don’t say anything about something I’ve done?
119. In what ways have I been living as a married single? How have I tried to change this, and HDIFAMA these changes?
120. In what areas of our relationship am I still private because I don’t trust you to understand? HDIFAT?
121. Have I made a decision to love this week, and HDIFAT?
122. Do I think separate nights out are good for our relationship? HDIFAMA?
123. Do I expect us to be involved in mutual activities? HDIFAMA?
1. What is my awareness of us as a couple right now? HDIFAMA?
2. What is it like being married to me today? HDIFAMA?
3. What is the most difficult situation facing us as a couple right now? HDIFA this situation?
4. What stage of relationship do I see us in right now —romance, disillusionment, or joy? HDIF?
5. What did I most look forward to today? HDIFSTWY?
6. What is my biggest challenge right now? HDIFSTWY?
7. HDIFA our sexual relationship?
8. HDIFA our couple prayer?
9. What do I most need from you today (tomorrow, right now)? HDIFSTWY?
10. What do I think you most need from me today (tomorrow, right now)? HDIFSTWY?
11. What brought me the most fulfillment today? HDIFAMA?
12. What is my dream for tomorrow? HDIFSTWY?
13. What feeling have I not shared with you yet today? DTF.
14. How have I encouraged or affirmed you today? How did that feel? 
15. When did I feel closest to you today? HDIFA-MA?
16. How did I know you love me today? HDIFSTWY?
17. Please forgive me for ________, HDIF?
18. What was the center of my life today? HDIFAMA?
19. What is the most vulnerable thing I could share with you today? HDIFSTWY?
20. HDIF reflecting on the Scriptures used at today’s Church service?
21. What do I most need to take responsibility for today? HDIFSTWY?
22. What attitude am I struggling most with today? HDIFSTWY?
23. How was your love life-giving to me today? HDIFAT?
24. In the last 24 hours, when was I most aware of God’s presence? How did I feel before, during and after that moment?
25. In what areas do I feel vulnerable to you? HDIFAMA?
26. Where do I feel the need to be reconciled with you? HDIFAMA?
27. Where do I feel the need to be reconciled with myself? HDIFAMA?
28. What about you am I grateful for today? HDIFAMA?

QUESTIONS TO KEEP ASKING

During the 1995 WWME Convention, Father Chuck Gallagher, SJ, considered the founder of Worldwide Marriage Encounter, proposed that all married couples answer and re-answer these questions over a year’s time. He went so far as to say that we shouldn’t just limit ourselves to the dialogue format in addressing these questions: We need to problem solve, come to couple decisions, argue about (if necessary) these topics:

1. What do I most owe you, my beloved?
2. What grudges do I hold (regarding you)?
3. What makes it hardest for you to live with me?
4. Where do I trust others more than I trust you?
5. What would you most like me to change?
6. Where do I tiptoe around you?
7. When are we most likely to fight and what about? (Is this ever going to change?)
8. What most turns the two of us “on” to each other sexually? How much do we use these “turn ons”?
9. How would our children describe me as a husband or wife, especially to our grandchildren?
10. What tricks do I use to get my way?
11. Who controls the mood in the house? The conversation? The bed?
12. Where do I most take you for granted?
13. Where do I feel superior to you?
14. What will you say about him or her at their funeral? What will you miss the most?
ON THE LIGHTER SIDE

1. What is the most exciting feeling today? HDIFAMA?
2. If I were in a Circus Act, I would be... HDIFAMA?
3. What role would I play in a soap opera? HDIFAMA?
4. What were my favorite foods as a child? HDIFAMA?
5. What was my favorite drink as a child? HDIFAMA?
6. What was my first date like? HDIFAMA?
7. What was my last date like? HDIFAMA?
8. What was the most meaningful experience I have had? HDIFAMA?
9. What was the most painful experience I have had? HDIFAMA?
10. What was the most exciting experience I have had? HDIFAMA?

QUESTIONS FOR FAMILY DIALOGUE

1. What are your best qualities as a parent and WAMF? 2. What are your best qualities as a parent and WAMF?
3. What quality as a parent do I most envy in you and WAMF?
4. What is my attitude toward discipline and WAMF?
5. What is my attitude toward punishment and WAMF?
6. Which of our children most needs our help and understanding and WAMF?
7. In what ways do I feel superior to you as a parent and WAMF?
8. What do I want most for our children and WAMF?
9. What do I want most about our family? HDIFAMA?

QUESTIONS TO PREPARE FOR FAMILY DIALOGUE

1. What are your best qualities as a parent and WAMF?
2. What are your best qualities as a parent and WAMF?
3. What quality as a parent do I most envy in you and WAMF?
4. What is my attitude toward discipline and WAMF?
5. What is my attitude toward punishment and WAMF?
6. Which of our children most needs our help and understanding and WAMF?

FAMILY DIALOGUE

Get the whole family involved! Try these dialogue questions out with the whole family. Younger children can draw pictures or tell an older family member what to write down.

1. What are your best qualities as a parent and WAMF?
2. What are your best qualities as a parent and WAMF?
3. What quality as a parent do I most envy in you and WAMF?
4. What is my attitude toward discipline and WAMF?
5. What is my attitude toward punishment and WAMF?
6. Which of our children most needs our help and understanding and WAMF?
7. In what ways do I feel superior to you as a parent and WAMF?
8. What do I want most for our children and WAMF?

QUESTIONS FOR FAMILY DIALOGUE

1. What was my most exciting feeling today? DFILD. (Describe feelings in loving detail)
2. What was the most meaningful experience that I had today? HDIFAMA?
3. What are the most important things that happened to me this week? HDIFAMA?
4. When do I feel closest to all of you and WAMF?
5. What are a few things I like to do with our family and WAMF?
6. What do I want most out of life and why?
7. What do I hope for next summer, how does that affect our family and WAMF?
8. What has been the most painful experience in our family this past week and WAMF?
9. What do I like to do best without the family and WAMF?
10. How do I feel when we pray together as a family at mealtime?
11. What is the possession I have that I like best? HDIFAMA?
1. HDIFA the number of children we have?  
2. HDIFA having more children?  
3. HDIFA our children leaving home and going out into the world to make their own choices?  
4. HDIF recalling the birth of (each) child?  
5. HDIF realizing that you have given me the gift of being a father/mother?  
6. HDIFA adopting a child?  
7. HDIFA being a step-parent?  
8. HDIFA being a foster parent?  
9. HDIFA taking a parent into our home and caring for him or her?  
10. HDIFA my mother?  
11. HDIFA your mother?  
12. HDIFA my father?  
13. HDIFA your father?  
14. HDIFA how active I am in our children’s schooling?  
15. HDIFA how active I am in our children’s sports or other activities?  
16. HDIFA going shopping with our children?  
17. What is my greatest concern for (each) child?  
18. What do I hope for (each) child?  
19. WAMFA our church’s teaching on Natural Family Planning?  
20. How did I feel during (each) pregnancy?  
21. How do I feel about our ability or inability to have children?  
22. How do I feel when someone calls me Mommy or Daddy?  
23. The three things I like best about (each) child are  
24. Is there something I dislike about myself that I see in (each) child?  
25. HDIF when I hear myself say things my mother or father said?  
26. HDIF when I see your features in our child?  
27. HDIFA the amount of TV our children watch?  
28. HDIFA telling our children I love them at least once a day?  
29. HDIFA kissing our children good night?  
30. HDIFA rewarding good behavior?  
31. HDIFA the values our children are choosing?  
32. Do I live what I preach?  
33. HDIFA when a teacher doesn’t like my child?  
34. HDIFA when our child is sick?  
35. HDIFA when our children misbehave in public?  
36. HDIFA when our children are praised by strangers?  
37. HDIFA our children’s grandparents’ involvement with them?  
38. Recalling our child(ren)’s baptism, HDIF?  
39. HDIFA our child’s current boyfriend or girlfriend?  
40. HDIFA planning a weekly family outing?  
41. HDIFA children sharing in household chores?  
42. HDIFA the children having a savings account?  
43. HDIFA giving the children an allowance?  
44. HDIFA our children’s friends?  
45. HDIFA how our children spend their free time?  
46. HDIFA the amount of TV our children watch?  
47. HDIFA our children’s grades?  
48. HDIFA our children’s friends?  
49. HDIFA how our children spend their free time?  
50. HDIFA telling our children I love them at least once a day?  
51. HDIFA how our children misbehave in public?  
52. HDIFA our child’s current boyfriend or girlfriend?  
53. HDIFA when our child is sick?  
54. HDIFA when our children misbehave in public?  
55. HDIFA when our children are praised by strangers?  
56. HDIFA our children’s grandparents’ involvement with them?  
57. Recalling our child(ren)’s baptism, HDIF?  
58. HDIFA our child’s current boyfriend or girlfriend?  
59. HDIFA planning a weekly family outing?  
60. HDIFA our children’s grades?  
61. HDIFA our children’s friends?  
62. HDIFA how our children spend their free time?  
63. HDIFA the amount of TV our children watch?  
64. HDIFA telling our children I love them at least once a day?  
65. HDIFA how our children misbehave in public?  
66. HDIFA when our children are praised by strangers?  
67. HDIFA our children’s grandparents’ involvement with them?  
68. Recalling our child(ren)’s baptism, HDIF?
1. What actions/things/behaviors are life-giving to me? HDIFSTWY?
2. Have I been life-giving to you today? HDIFAMA?
3. HDIFAMA change?
4. What was the greatest change from Marriage Encounter weekend for me? HDIFAMA?
5. What was the greatest change from our wedding day? HDIFAMA?
6. HDIFAMA "Bloom where you’re planted"?
7. Jesus came to bring us new life. HDIFAT?
8. HDIF when I see a new baby?
9. HDIFAMA a death we have experienced in our family?
10. How can we bring new life to someone else, as a couple? HDIFAT?
11. Am I open to new life?
12. HDIFAMA a death we have experienced in our family?
13. Is our sexual relationship life-giving? HDIFAMA?
14. Is our diet life-giving? HDIFAMA?
15. Is the atmosphere in our home life-giving?
16. HDIFAMA "Bloom where you’re planted"?
17. What in my life is life-draining? HDIFAMA?
18. Are our children taking care of their bodies?
19. Am I growing or standing still right now?
20. What have I most taken for granted? HDIFAMA?
21. What am I most thankful for? HDIFAMA?
22. When is the last time you forgave me, and HDIFAT?
23. When is the last time I forgave you, and HDIFAT?
24. Does love mean you never have to say you’re sorry? HDIFAT?
25. HDIF when you ask my forgiveness?
26. HDIF when I ask your forgiveness?
27. When was a time you touched my life? WAMFAT?
28. When was a time when our love as a couple touched someone else’s life? WAMFAT?
29. Are our jobs life-giving to us or anyone else? WAMFAT?
30. HDIFAMA the amount of time we spend watching TV?
31. Where do I spend most of my energy each day? HDIFAMA?
32. How am I life-giving to you? HDIFAT?
33. How does my negative or positive self-image affect me being life-giving? HDIFAMA?
34. The time I feel most alive is __________. DFILD.
35. Who are the people who lift us up?
36. Where do we go to be lifted up as a couple?
37. HDIFAMA change?
38. Think of a couple that you love and admire the coupleness?
39. HDIFAMA the amount of time we spend watching TV?
40. What does each couple I listed give to me? HDIFAT?
11. Am I excited about our future? HDIFAMA?

12. What are the changes I most need to make in myself for the sake of our relationship? HDIFST?

13. How critical am I to my workplace? HDIFAMA?

14. What attitude do I want to change in myself? HDIFAMA?

15. Do I expect to have a happy new year? HDIFST?

16. Do I believe we are children of light? HDIFAMA?

17. What is the chaff I need to separate from the wheat in my life? HDIFAMA?

18. God already knows my heart. HDIFAMA?

19. HDIF when we read the Passion during Holy Week?

20. HDIF when I sin?

21. HDIF when I am forgiven?

22. HDIF dying to self?

23. HDIF when I see washing of the feet on Holy Thursday?

24. HDIF commemorating the Last Supper?

25. HDIF Good Friday?

26. HDIF waving palms on Palm Sunday?

27. HDIF when we sing “Up from the Grave He Arose” (or another Easter song)?

28. HDIF when I see Easter lilies?

29. HDIF when I see Easter cards?

30. HDIF receiving Christmas cards?

31. Are our children grateful on Christmas?

32. HDIFA Christmas lights?

33. HDIFA giving to an Angel Tree or project for other needy people?

34. HDIFA inviting a lonely person or single parent into our home to celebrate Christmas?

35. HDIFA the politically correct rules of not calling Christmas occasions Christmas occasions, but holiday parties, etc.?

36. HDIFA walking around in public with ashes on my forehead?

37. HDIF when I receive ashes?

38. HDIF walking around in public with ashes on my forehead?

39. Do I believe we are children of light? HDIFAMA?

40. How will I feel when I see an overflowing church on Easter Sunday?

41. It is said that we are an Easter people. Are we an Easter couple? HDIFATA?

42. Do I believe good will triumph over evil? HDIFAMA?

43. Do I believe the dead are in a better place? HDIFAMA?

44. Do I believe the dead are in a better place? HDIFAMA?

45. Do I believe good will triumph over evil? HDIFAMA?

46. Do I believe we are children of light? HDIFAMA?

47. HDIF when I sing “Up from the Grave He Arose” (or another Easter song)?

48. HDIF Commemorating the Last Supper?

49. HDIF Good Friday?

50. HDIF waving palms on Palm Sunday?

51. HDIF when I hear the psalm, “My God, My God, why have you abandoned me?”

52. HDIFATA?
“In the beginning was the Word, and the Word was with God, and the Word was God.” (John 1:1).

This Scripture passage tells us that the Word IS God. In our Bible, we have God present in a special way. We like to think of Scripture as God’s love letters... written to us and for us... to reveal Jesus and ourselves in relationship with Him. The books of the Bible are our books. We can respond to love letters, and our responses, our feelings, are neither right nor wrong. Scripture dialogue is a tool “a means of responding to the love letters of our Father. The basics of Scripture dialogue are:

1st  Select a passage from Scripture that is meaningful to you as a couple.

2nd  Read enough before and after that particular passage to be able “place” your passage as far as chronological sequence in the events of Jesus’ life (or of events before or after Christ) and as far as the physical setting.

3rd  With one another, try to set the scene - from the outside in.

a. physical setting, time of day, indoors, outdoors

b. emotional climate of the passage the atmosphere

c. zero in on Jesus (or God), the characters, and yourself - Where are you in this scene? What do you see? What do you hear? Who or what do you identify with?

4th  Re-read your particular passage.

5th  Write your love letter immediately. The basic question for Scripture dialogue is, “What are my feelings hearing Jesus say these words to us as a couple?” Focus on your feelings. How do I feel? How do I feel about my spouse? Our feelings, are neither right nor wrong. Scripture dialogue are:

a. zero in on Jesus (or God), the characters, and yourself - Where are you in this scene? What do you see? What do you hear? Who or what do you identify with? Our feelings, are neither right nor wrong. Scripture dialogue are:

b. emotional climate of the passage the atmosphere

c. zero in on Jesus (or God), the characters, and yourself - Where are you in this scene? What do you see? What do you hear? Who or what do you identify with?

7th  Discussion later could be focused on “What did His words mean to me?”, or how His words make me think about our life, and how I would like to live them, how His words affect my attitudes with you and with Him. Don’t worry about being right. You can start in your prayer, drawing on the graces and the love our Lord has promised us - to strengthen us when we are afraid, to give us courage to make the decisions we make in opening ourselves up to one another.

None of these are hard and fast rules you have to follow — these are just ideas of how others have had meaningful Scripture dialogue times.

1. John 15:16, “It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you do nothing.”

2. John 14:23: Jesus answered and said to him, “Whoever loves me will keep my word and my Father will love him, and we will come to him and make our dwelling with him.”

3. Matthew 6:5-8: “When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him.”

4. Matthew 5: 14, 15: You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house.

5. Matthew 13: 14, 15: “Isaiah’s prophecy is fulfilled in them, which says: “You shall indeed hear but not understand, you shall indeed look but never see. Gross is the heart of this people, they will hardly hear with their ears, they have closed their eyes, lest they see with their eyes and hear with their ears and understand with their heart and be converted and I heal them.”

6. Matthew 7:22-23: “The lamp of the body is the eye. If your eye is sound, your whole body will be filled with light; but if your eye is bad, your whole body will be in darkness. And if the light in you is darkness, how great will the darkness be.”

7. 1 Samuel 3:7-10: At that time Samuel was not familiar with the Lord, because the Lord had not revealed anything to him as yet. The Lord called Samuel again, for the third time. Getting up and going to Eli, he said, “Here I am. You called me.” Then Eli understood that the Lord was calling the youth. So he said to Samuel, “Go to sleep, and if you are called, reply, ‘Speak, Lord, for your servant is listening.’” When Samuel went to sleep in his place, the Lord came and revealed his presence, calling out as before, “Samuel, Samuel!” Samuel answered, “Speak, for your servant is listening.”

8. Matthew 18:19-20: “Again, [amen,] I say to you, if two of you agree on earth about anything for which they are to pray, it shall be granted to them by my heavenly Father. For where two or three are gathered together in my name, there am I in the midst of them.”

9. Matthew 10:32: “Everyone who acknowledges me before others I will acknowledge before my heavenly Father.”

10. John 15:5: “I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing.”

11. John 15:16-17: “It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you. This I command you: love one another.”

12. Matthew 17:19-21: “Then the disciples approached Jesus in private and said, “Why could we not drive it out?” He said to them, “Because of your little faith. Amen, I say to you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”

Other Scripture Passages to dialogue on:

- Genesis 1
- Genesis 2
- 1 Kings, 19: 9 and 11-13
- Ephesians 1
- Ephesians 4
- 1 Samuel 3:1-18
- Hosea 2:16-25
- Hosea 11:1-5
- Luke 15:11-32
- Psalm 139
- John 8:7
- John 13:34-35
- John 14:15-17
- John 15:8
- John 14:1-7
- John 14:9-14
- John 15:1-4
- John 15:13-15
- Mark 2:1-5
- Matthew 5:23
- Matthew 18:19-20
- Matthew 21:12-17
- Matthew 21:18-22
- Mark 9:14-29
- Mark 10:13-14
- Mark 12:38-40
- Luke 6:12-16
- Luke 19:45-48
- Luke 20:45-47
- 1 Timothy 4:4-5
- The daily or Sunday Liturgy readings
1. What are my hopes and dreams for my prayer life? HDIFAMA?
2. What are my hopes and dreams for us a couple concerning prayer? HDIFAMA?
3. What are my hopes and dreams for our children concerning prayer? HDIFAMA?
4. My life is a prayer. HDIFAT?
5. Our love is a prayer. HDIFAT?
6. HDIF praying out loud?
7. How does my poor self-image affect our couple prayer? HDIFAMA?
8. HDIF when I hear you pray aloud?
9. HDIF when we say grace before meals? Or when we don’t?
10. Do I look for and accept the Lord’s will for my life? HDIFAMA?
11. Do I see Jesus alive in our marriage? HDIFAT?
12. What was my parents’ relationship with God like? WAMF thinking about this?
13. Do I see my confirmation?
14. Is Church a celebration for me? HDIFAMA?
15. HDIFATA?
16. Do I see Jesus in you? HDIFAMA?
17. Is my image of God like my image of my father? HDIFAMA?
18. Do I believe God created me? HDIFAMA?
19. What is prayer to me? HDIFAMA?
20. How important is the bread and wine/grape to me? HDIFAMA?
21. HDIFATA?
22. Do I fear God? HDIFAMA?
23. What is my awareness of my sinfulness? HDIFAMA?
24. When am I most aware of God’s presence? HDIFAMA?
25. When I witness a marriage?
26. HDIF when I receive communion?
27. What does the Good Shepherd mean to me? HDIFAMA?
28. HDIFATA?
29. Do I really believe that my/our love is God’s love? HDIFAMA?
30. When was the last time I went to God in prayer for the sake of our relationship? HDIF?
31. Do I fear God? HDIFAMA?
32. What is prayer to me?
33. HDIFAMA?
34. HDIFAMA?
35. When I pray, do I listen? HDIFAMA?
36. What are my hopes and dreams for my prayer life? HDIFAMA?
ROMANCE

1. What is my fondest memory of our courtship? HDIFAT? (How do I feel about this?)
2. Share the first time I knew you were the one for me.
3. How do I see our sexual relationship affecting our whole relationship?
4. HDIFAMA our growth in the area of sex?
5. HDIFA experimenting in our sexual relationship?
6. Do I see our sexual relationship affecting our whole relationship?
7. HDIF when you say no?
8. HDIF when I (wife)/you (husband) wear/don't wear make-up?
9. HDIF bringing our dialogue books on a date?
10. HDIFAMA going out to dinner together?
11. "Husbands, love your wives as you love your own bodies" and "Husbands, love your wives as Christ loved the Church." HDIFAT?
12. What was our favorite song when we were courting, and HDIFAT remembering/ hearing it?
13. HDIF when I think about some of the crazy things we did for each other?
14. What about you turned me on the most? HDIFAT quality now?
15. HDIF when others notice how much we love each other?
16. HDIF when I make the decision to love and care more about me than about anyone else?
17. HDIFAT? (How do I feel about this?)
18. What do I think you miss most about our romance?
19. HDIF when I get a surprise note or call from you?
20. How does my mask/personality style interfere with our romance? HDIFAT?
21. Do I fear intimacy? HDIF?
22. When I think about some of the crazy things we did for each other?
23. What sacrifice am I willing to make to be more romantic with you? HDIFAT?
24. Do I see dialogue as part of our romance? HDIFAT?
25. HDIF when I (wife)/you (husband) wear/don't wear make-up?
26. How can I become more sensitive to you?
27. HDIFAMA introducing you as my spouse?
28. HDIF when we make time for us?
29. What is my fondest memory of our courtship? HDIFAT? (How do I feel about this?)
30. Do I see dialogue as part of our romance? HDIFAT?
31. Romance is a decision. HDIFAT?
32. How do I want you to romance me? HDIFAT (how)
33. Do I see romance as part of our holiness?
34. Do I see our sexual relationship affecting our whole relationship?
35. WAMFA being creative in our romance?
36. How can I be loving to you even when we have sex when I don't want to?
37. HDIF when you say no?
38. HDIF when I receive an unexpected gift?
39. HDIF when my gift of help, time, friendship, etc. is refused?
40. HDIF when I receive an unexpected gift?
41. HDIF when I see you naked?
42. HDIF when you give me a gift?
43. HDIF when I (wife)/you (husband) wear/don't wear make-up?
44. Can people tell we love each other when they see us? HDIFAMA?
45. HDIFAMA making love when we have a time limit?
46. HDIFAMA taking ballroom dancing lessons with you?
47. HDIF when you gaze into my eyes?
48. HDIF when your eyes sparkle?
49. HDIF when you sing me a love song?
50. HDIF when I (wife)/you (husband) wear/don't wear make-up?
51. HDIF when we dance in the living room?
52. Is my body mine or yours? HDIFAMA?
53. Is your body yours or mine? HDIFAMA?
54. HDIF about birth control?
55. HDIF about adoption?
56. HDIF about the number of children we have?
57. HDIF when you tell me you love me?
58. HDIF reading the Song of Solomon?
59. HDIF when I (wife)/you (husband) wear/don't wear make-up?
60. HDIFAMA about the number of children we have?
61. What is my favorite pet name that you call me? HDIFAT?
62. HDIF when I see you naked?
63. HDIF when I (wife)/you (husband) wear/don't wear make-up?
64. HDIF when I (wife)/you (husband) wear/don't wear make-up?
65. HDIF when I (wife)/you (husband) wear/don't wear make-up?
66. HDIF when I (wife)/you (husband) wear/don't wear make-up?
67. HDIF when I (wife)/you (husband) wear/don't wear make-up?
68. HDIF when I (wife)/you (husband) wear/don't wear make-up?
69. Do I feel intimacy? HDIF?
70. HDIF when I (wife)/you (husband) wear/don't wear make-up?
71. HDIF repairing our sexual relationship right now?
72. HDIFA our sexual relationship right now?
73. HDIF when you reach out and touch me?
74. HDIF when I (wife)/you (husband) wear/don't wear make-up?
75. HDIF when I (wife)/you (husband) wear/don't wear make-up?
76. HDIF when I (wife)/you (husband) wear/don't wear make-up?
77. What are my fears about discussing sex with you? HDIFSTWY?
78. HDIF when I (wife)/you (husband) wear/don't wear make-up?
79. HDIF when I (wife)/you (husband) wear/don't wear make-up?
80. When do I most want to be sexually involved with you? DFILD.
81. What is my fondest memory of our courtship? HDIFAT?
82. HDIF my ability to satisfy your needs in our sexual relationship?
83. HDIF taking ballroom dancing lessons with you?
84. HDIF giving back rubs/ masseages?
85. Do I ever use sex as a reward for good behavior? HDIFAMA?
86. When my favorite time of day to make love? HDIFAMA?
87. HDIF giving you a 10 second kiss every day?
88. What do I think you miss most about our romance?
89. What do I think you miss most about our romance?
90. HDIFAMA being creative in our romance?
91. HDIFAMA taking ballroom dancing lessons with you?
92. HDIFAMA making love at relatives' houses?
93. HDIFAMA about the number of children we have?
94. HDIFAMA about adoption?
95. HDIFAMA about birth control?
96. HDIFAMA about adoption?
97. HDIFAMA about adoption?
98. HDIFAMA about adoption?
99. HDIFAMA about adoption?
100. Do I have the attitude, "Don't start some- thing before we're married"? HDIFAMA?
101. Do I see us as too old for romance? HDIFAMA?
102. HDIFAMA asking you to make love?
103. HDIFAMA telling you how much I love you?
104. Do I sometimes take you for granted?
105. Do I sometimes take you for granted? HDIFAMA?
106. Do I believe the things we did to compensate for no sex in our courtship aren't necessary now? HDIFAMA?
107. Do I believe the things we did to compensate for no sex in our courtship aren't necessary now? HDIFAMA?
108. Do I worry about the kids seeing us together? HDIFAMA?
109. Do I see us as too old for romance? HDIFAMA?
110. Do I see us as too old for romance? HDIFAMA?
111. Do I feel intimacy? HDIF?
112. HDIF asking for romance?
114. How important is spontaneity to me? HDIFAMA?
115. HDIF when you shower me with attention? HDIFSTWY?
116. What sexual baggage am I dealing with? HDIFSTWY?
117. Do I see you as more or less affectionate than my parents? HDIFAT?
118. Do I ever feel the need to put a damper on my spontaneity? HDIFAT?
119. Does Romance = Sex? HDIFAMA?
120. When I/we were first together, what is it that challenges me to be involved in? HDIFST?
121. When I met you, HDIFAT?
122. Do I ever worry that if I go all out this time, you will expect this all the time? HDIFST?
123. Do I keep score? (When you be nice to me, I'll be nice to you.) HDIFSTWY?
124. When I first met you, HDIFAT?
125. Do I believe that making love after an argument or misunderstanding is an easy way out? HDIFSTWY?
126. Do I see you as more or less affectionate than my parents? HDIFAT?
127. Do I ever worry that if I go all out this time, you will expect this all the time? HDIFST?
128. When we first married, when I/we were first entertained? Do we still long for that? HDIFAT?
129. Do I think the kids put a damper on my spontaneity? HDIFST?
130. When I first met you, HDIFAT?
131. When we are making love, HDIFST?
132. What do I need to do to make myself sexually responsive to you? HDIF doing that?
133. HDIF when the kids knock on the door when we are making love? HDIFSTWY?
134. HDIF when you run your fingers through my hair? HDIFSTWY?
135. Am I more or less affectionate than my parents? HDIFAT?
136. HDIF when you shower me with attention? HDIFST?
137. What makes me feel holy? HDIF.? HDIFSTWY?
138. What makes me feel degraded? HDIFST?
139. HDIF when you run your fingers through my hair? HDIFSTWY?
140. When was the last time we gazed at a sunset, sunrise or starry night together? HDIFAT?
141. HDIF being affectionate in front of the kids? HDIFSTWY?
142. HDIF when I have fantasies? HDIFSTWY?
143. HDIF when I have fantasies? HDIFSTWY?
144. HDIFA second honeymoon? HDIFSTWY?
145. HDIF a second honeymoon? HDIFSTWY?
146. HDIF recalling our honeymoon? HDIFSTWY?
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269. HDIF recalling our honeymoon? HDIFSTWY?
270. HDIF recalling our honeymoon? HDIFSTWY?
1. What kind of failure disturbs me most and HDIFAT?  
2. What quality of yours do I most admire and HDIFAT?  
3. How do I act so that others will accept me? HDIFAT?  
4. What do I do in a group of strangers to be accepted and HDIFAT?  
5. Looking back over my day, what act or achievement makes me feel best about myself? HDIFAT?  
6. What kind of compliment makes me feel good? Describe the feelings.  
7. How do I want others to see me? HDIFATAMA?  
8. What are my best qualities? HDIFAMA?  
9. What do I do to gain acceptance and profit emotionally? HDIFAMA?  
10. What roles do I play? HDIFAMA?  
11. How do I react to compliments? HDIF?  
12. What kind of criticism distresses me? HDIF?  
13. What is my greatest compulsion? HDIFAT?  
14. When I withdraw into my shell, HDIFAT?  
15. When you withdraw into your shell, HDIFAT?  
16. How do I want you to see me, and is it the same as I want others to see me? HDIFAT?  
17. What quality in you am I most dependent on? HDIFAT?  
18. What are my thoughts when I hear the statement, “God does not make junk”? HDIFAT?  
19. When I am tired, lonely, angry or hurting? HDIFAT?  
20. What do I do to get relief from emotional pain? HDIFAT?  
21. What do I try NOT to be seen as (weak, or unlovable)? HDIFAT?  
22. HDIF when I judge myself inadequate, guilty, or unlovable? HDIFAT?  
23. How do I feel when I do something “klutzy”? HDIFAT?  
24. When do I repress my feelings? HDIFAT?  
25. What kind of criticism makes me feel best about myself? HDIFAT?  
26. What nickname do my co-workers or family members have for me? HDIFAT?  
27. How does my personality style/mask prevent members from being loving and kind? HDIFAT?  
28. How does the image I project affect our dialogue? HDIFAT?  
29. How does the image I project affect our relationship? HDIFAT?  
30. What has our dialogue done for my self-image? HDIFAT?  
31. Do I expect security from our marriage? HDIFAT?  
32. Do I expect companionship from our marriage? HDIFAT?  
33. Do I expect tenderness and understanding in our marriage? HDIFAT?  
34. Do I expect encouragement from you? HDIFAT?  
35. Do I expect intellectual closeness from our marriage? HDIFAT?  
36. Do I have “my chair” or “my spot”? HDIFAT?  
37. Do I feel comfortable hugging you and the children? HDIFAT?  
38. Do I believe it is important to be on time? HDIFAT?  
39. Do I think life is fair? HDIFATMA?  
40. Do I believe we should have at least one family meal a day? HDIFATMA?  
41. Do I like to drop in on people? HDIFAT?  
42. Do I like for people to drop in on us? HDIFAT?  
43. Do I believe we should share household tasks? HDIFATMA?  
44. Do I believe it is important to take a yearly family vacation? HDIFATMA?  
45. Do I think it is important to go to church every week? HDIFATMA?  
46. HDIF in a competition?  
47. Is the money mine, ours, or yours? HDIFATMA?  
48. Is family planning my job, your job, or ours? HDIFATMA?  
49. HDIF when we disagree on something? HDIFATMA?  
50. HDIF when I’m the center of attention? HDIFATMA?  
51. How do I make decisions? HDIFATMA?  
52. Do I enjoy being pampered? HDIF when I am?  
53. HDIFAT trying new things? HDIFATMA?  
54. HDIFA being praised or recognized in public? HDIFATMA?  
55. HDIFAT doing routine tasks? HDIFATMA?  
56. HDIFAT change? HDIFATMA?  
57. HDIFAT when I have to depend on others? HDIFATMA?  
58. HDIFAT uncertainty? HDIFATMA?  
59. HDIFAT finishing things? HDIFATMA?  
60. What did my parents praise me most for? HDIFAT advising this?  
61. What were my parents most critical of me about in my childhood? HDIFAT advising this?  
62. HDIFA apologizing? HDIFATMA?  
63. HDIFAT change? HDIFATMA?  
64. What frustrates me most in working with others? HDIFATMA?  
65. HDIFAT when I make a mistake? HDIFATMA?  
66. Am I a pessimist or an optimist? HDIFATMA?  
67. HDIFAT when I’m criticized or made fun of in public? HDIFATMA?  
68. HDIFAT when there is a last minute change of plans? HDIFATMA?  
69. HDIFAT security and stability? HDIFATMA?  
70. HDIFAT a challenge? HDIFATMA?  
71. HDIFAT when someone lies to me? HDIFATMA?  
72. Do I believe in work before play? How does that impact our relationship? HDIFATMA?  
73. HDIFAT how do I get re-energized? Is it the same way you do? HDIFATMA?  
74. HDIFAT when I’m late? HDIFATMA?  
75. HDIFAT when I’m criticized or made fun of in public? HDIFATMA?  
76. HDIFAT when I’m late? HDIFATMA?  
77. HDIFAT when I’m criticized or made fun of in public? HDIFATMA?  
78. HDIFAT when I’m late? HDIFATMA?  
79. HDIFAT when I’m late? HDIFATMA?  
80. HDIFAT when I’m late? HDIFATMA?  
81. HDIFAT when I have to work in a group? HDIFATMA?  
82. Do I want to fit in or stand out? HDIFATMA?  
83. HDIFAT when I have to work alone? HDIFATMA?  
84. HDIFAT unresolved issues? HDIFATMA?  
85. HDIFAT being accountable to someone else? HDIFATMA?  
86. HDIFAT when someone asks me to share? HDIFATMA?  
87. How important is physical affection to me? HDIFATMA?  
88. HDIFAT confrontation? HDIFATMA?  
89. HDIFAT sacrifice? HDIFATMA?  
90. HDIFAT traditions? HDIFATMA?  
91. HDIFAT when I’m given a task without guidance or clear expectations? HDIFATMA?  
92. HDIFAT when people disagree with me? HDIFATMA?  
93. HDIFAT learning new things? HDIFATMA?  
94. HDIFAT when I have a deadline? HDIFATMA?  
95. HDIFAT when my decisions are questioned? HDIFATMA?  
96. Do I make lists? HDIFATMA?  
97. HDIFAT when I’m late? HDIFATMA?  
98. Do I tend to see things in black and white or do I see shades of gray? HDIFATMA?  
99. Do I prefer to be alone/with 2 or 3 close friends, in a small group, or at a huge gathering? HDIFATMA?  
100. HDIFAT parades? HDIFATMA?  
101. Where do I have an attitude of inferiority? HDIFSTWY?  
102. HDIFAT change the rules? HDIFATMA?  
103. What do I long for in the depths of my being? HDIFATMA?  
104. Did I feel special growing up as a child? HDIFATMA?  
105. HDIFAT knowing that God has entrusted me with something special of Himself? HDIFATMA?  
106. God trusts me to reveal the unique facet of Him that I possess. HDIFATMA?  
107. What makes me special? HDIFATMA?  
108. Do I have a poor self-worth? HDIFATMA?  
109. Who are the people who lift me up? HDIFATMA?  
110. How do I feel when the church lifts me up? HDIFATMA?  
111. Who have I ministered to lately? Was I lifted up by their gratitude? HDIFATMA?  
112. What friends help me see my goodness? HDIFATMA?  
113. How does it affect me when I see a couple hurting but willing to work through their troubles?