



90 DAYS of Dialogue Questions



- 1) How am I different since our Encounter Weekend? HDIFAMA?
- 2) WAMF when we do something for someone else as a couple?
- 3) WAMF when you tell me you need me?
- 4) WAMFA our possessions?
- 5) WAMF when I want to be with you and can't?
- 6) HDIF when I listen to you with all my heart? (Or you listen to me with all your heart?)
- 7) What feeling do I have about our relationship as we begin this week?
- 8) WAMF when I know I have hurt you?
- 9) WAMF when I am aware that you have had a bad day?
- 10) HDIF when I am tired?
- 11) WAMFA the way I am learning to accept you as you are?
- 12) HDIF when I know you are proud of me?
- 13) How are you different since our Encounter Weekend? WAMFTYT?
- 14) HDIF when we don't dialogue?
- 15) What particular feeling did I have today that I want to share with you? HDIFAMA?
- 16) HDIF when I see you after a long day?
- 17) HDIF when I make you smile?
- 18) in what way am I most private in our sexual relationship? WAMFTYT?
- 19) How has our love grown since our Encounter Weekend? WAMFTYT?
- 20) What do I see special in you today? HDIFAMA?
- 21) Do I have confidence in your love for me? HDIFAMA?
- 22) How have I loved you unconditionally in the past two weeks? HDIFAMA?
- 23) HDIF when we work on the budget together?
- 24) HDIF when we invite a couple to make an Encounter Weekend and they say "yes"?
- 25) WAMF when we pray together as a family at meal time?
- 26) In what way has our non-verbal dialogue improved since our Encounter Weekend? HDIFAMA?
- 27) HDIF about my (your) job?
- 28) What amazes me most about our marriage? WAMFTYT?
- 29) HDIF about our efforts to be more of a couple?
- 30) In what specific ways has our dialogue increased our confidence in each other? WAMFTYT?
- 31) What one thing has united us most today (this week?) HDIFAMA?
- 32) HDIF when you are under pressure?
- 33) When do I need your decision to love me the most? WAMFAMA?
- 34) What one thing do I want to change about myself that I think would please you? WAMFAMA?
- 35) HDIF when you kiss me?
- 36) HDIF when we pray together as a couple?
- 37) The discipline of daily dialogue is difficult. HDIFAMA?
- 38) HDIF about our growing old together?
- 39) When have I been most aware of our closeness to God? HDIFAMA?
- 40) HDIF when you touch me?
- 41) What do I like best about our sexual relationship? WAMFTYT?
- 42) HDIF when I see an Encounter sticker on the freeway?
- 43) HDIF when one of our children says; "I love you"?
- 44) HDIF when we support someone in their dialogue?
- 45) WAMFA God in our lives now?
- 46) HDIF when you tell me you love me?
- 47) WAMF being married to you?
- 48) How have we grown in unity this week? HDIFAMA?
- 49) HDIF when I help you see your own specialness?
- 50) HDIFA our relationship as a couple to our children?



90 DAY GUARANTEE



- 51) HDIFA you today?
- 52) HDIF when you want to understand me better?
- 53) HDIF sharing my feelings with you?
- 54) HDIFA our dialogue?
- 55) HDIFA our children right now?
- 56) WAMFA getting up in the morning?
- 57) WAMFA when you are gentle?
- 58) In what specific way did I reach out to someone today? WAMFTYT?
- 59) HDIF when I feel lonely?
- 60) HDIFA our growing closeness to God as a couple?
- 61) HDI F when you leave a note of love where I can find it unexpectedly during the day?
- 62) HDIF when you put your arms around me in public?
- 63) What qualities do I like most about you today? HDIFAMA?
- 64) HDIF when you hug me after a rough day?
- 65) HDIF after rereading our Encounter Weekend Journals?
- 66) HDIF when I see someone suffering?
- 67) HDIFA the loving atmosphere in our home since our Encounter Weekend?
- 68) HDIF when I am depressed?
- 69) HDIF when you really try to reach out and accept my feelings about sex/money/relatives?
- 70) What feelings do I find most difficult to share with you? HDIFAMA?
- 71) HDIFA our relationship right now?
- 72) HDIF when you discipline the children?
- 73) HDIF when we plan things together?
- 74) WAMF when we go out socially?
- 75) WAMFA our home?
- 76) What choices have I made today to love you? WAMFAMA?
- 77) HDIFA Jesus saying to us, "You have not chosen me. I have chosen You?"
- 78) What other couples have touched our lives? WAMFAMA?
- 79) How could I be more open to you in our dialogue? WAMFAMA?
- 80) How has my self-image improved since our Encounter Weekend? WAMFTYT?
- 81) HDIFA our relationship with your (my) relatives now?
- 82) How much am I aware of God in our everyday life? WAMFTYT?
- 83) HDIFA Jesus in our lives now?
- 84) What do I now see as your most endearing quality? WAMFAMA?
- 85) WAMF when we receive Communion together?
- 86) HDIFA the image of God being made clearer to me through you?
- 87) What is my most treasured possession? HDIFAMA?
- 88) HDIF knowing God needs our couple love in the world?
- 89) HDIFA your compassion/tenderness/frown/walk/eyes/smile?
- 90) HDIFA your/my hopes, holiness, highs, lows, hobbies, temper, favorite movie, book, record, song, food, chair, about a rainy day, a sunny day, Christmas presents, my/your age?

HDIF	How do I feel?
WAMF	What are my feelings?
WAMFA	What are my feelings about?
WAMFAMA	What are my feelings about my answer?
HDIFAMA	How do I feel about my answer?
WAMFTYT	What are my feelings telling you this?