



## HANDY DANDY QUESTION MAKING KIT



Choose an area:

SUPERIORITY  
CHILD RAISING  
MONEY

SEX  
USE OF TIME  
DECISION

DEATH  
POSSESSIONS  
OUR JOBS

PRAYER  
GOD AND OUR FAITH  
FRIENDS

1. Why do I want to-dialogue in this area? HDIFAT?
2. What do I hope to gain in this area? HDIFAT?
3. What do I like best about you in this area? HDIFAT?
4. What do I like least about you in this area? HDIFAT?
5. What do I like best about myself in this area? HDIFAT?
6. What do I like least about myself in this area? HDIFAT?
7. What do I like best about us in this area? HDIFAT?
8. What mask do I wear in this area? HDIFAT?
9. When am I least open to listen to you in this area? HDIFAT?
10. In this area what feeling do I find most difficult to share with you? Describe feelings in loving detail.

REFLECTIONS TO SHARE WITH ONE ANOTHER - - use for loving discussion. I affirm another person when I recognize that he/she is good, worthwhile and lovable, precisely the way he/she is - - - period.

1. How am I presently recognizing (affirming) my husband/wife?
2. how would I like to be affirmed and recognized by my husband/wife?
3. To become more fully human and lovable and at the same time achieve a greater growth in my married life, how can I .....
  - a. Be more myself .
  - b. Stop hiding my emotions . .
  - c. Stop holding onto my fears, esp.. of hurting other people's feelings
  - d. Be more assertive
  - e. Be more gentle with myself
4. how can I be more aware of the unique goodness and worth of my spouse?
5. How can I delight in my spouses goodness without trying to possess him/her?