**Key for Acronyms**  
DIFALD = Describe in full and loving detail  
HDIF = How do I feel. . .?  
HDIFA = How do I feel about. . .?  
HDIFAT = How do I feel about that?  
HDMAMMF = How does my answer make me feel?  
HDTMMF = How does that make me feel?  
MMF = . . .make me feel?  
WAMFA = What are my feelings about. . .?  
WAMFAT = What are my feelings about that?

1. HDIFA my diet? DIFALD

2. HDIFA your diet? DIFALD

3. Is our diet life-giving? HDMAMMF

4. Is the atmosphere in our home life-giving? HDMAMMF

5. Am I taking care of my body? HDMAMMF

6. Are you taking care of your body? HDMAMMF

7. Are our children taking care of their bodies? HDMAMMF

8. Am I growing or standing still right now? HDMAMMF

9. What in my life is life-draining? HDMAMMF

10. What do I see in your life as life-draining? HDMAMMF

11. What do I see in my life as life-giving? HDMAMMF

12. HDIFA the amount of rest and relaxation I get? DIFALD

13. HDIFA the amount of rest and relaxation you get? DIFALD

14. HDIF when you are sick? DIFALD

15. Do I get enough exercise? HDMAMMF

16. Do you get enough exercise? HDMAMMF

17. What health risk am I most fearful of? HDMAMMF

18. What do I most want to do to improve my health? HDMAMMF

19. What do I want to help you do to improve your health? HDMAMMF

20. How am I handling my health challenges? HDMAMMF

21. What am I willing to begin doing today to improve my health? HDMAMMF