

**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?

**Dialogue Questions About. . .Decision Making**

1. How do I make decisions? HDMAMMF
2. Have I made a decision to love this week? HDTMMF