

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?

NEW YEAR

1. HDIF beginning another year with you? DIFALD
2. What are my goals for the coming year? HDIFAT
3. What would I like most to change about myself? HDMAMMF
4. What would I like most to change about our relationship? HDMAMMF
5. How do I like to celebrate New Years' Eve? HDMAMMF
6. What is my fondest memory of last year? HDIFAT
7. What is my deepest regret of last year? HDIFAT
8. What is my deepest hope for next year? HDIFAT
9. Should we recommit to daily dialogue? HDIFAT
10. Do I have a favorite New Year's Day tradition? HDIFAT
11. Am I excited about our future? HDMAMMF
12. What are the changes I most need to make in myself for the sake of our relationship?
HDIFAT
13. HDIFA starting the year off with a budget we have agreed on? DIFALD
14. What attitude do I want to change in myself? HDIFA changing that attitude?
15. Do I expect to have a happy new year? HDIFAT?