



90-Day Guarantee

Here's our guarantee: if at the end of 90 days of daily dialogue you're not completely satisfied, we'll give you back your old relationship.

1. WAMFA how I am different since our encounter?
2. WAMF when we do something for someone else as a couple?
3. WAMF when you tell me you need me?
4. WAMFA something I would like to change about myself?
5. WAMF when I want to be with you and can't?
6. HDIF when I listen to you with my heart? (Or you listen to me?)
7. HDIF when you kiss me in front of other people?
8. WAMF when I know I have hurt you?
9. WAMF when I'm aware that you have had a bad day?
10. WAMFA the way I'm learning to accept you as you are?
11. WAMF when I'm tired?
12. WAMF when I know that you are proud of me?
13. WAMFA how you are different since our encounter?
14. HDIF when we don't dialogue?
15. How do I think our finances affect our relationship? HDIFAMA?
16. HDIF when I see you after a long day?
17. HDIF when you make me smile?
18. HDIFA a quality only you possess?
19. HDIFA how our love has grown since our marriage?
20. HDIFA how our love has grown since our encounter?
21. HDIF when I have done something to make you happy?
22. HDIF when you have done something to make me happy?
23. What is the nicest thing you have done this week? HDIFTYT?
24. In what way have I become more understanding of your feelings since ME? HDMAMMF?
25. In what way have you become more understanding of my feelings since ME? HDMAMMF?
26. Do we physically touch enough? HDIFTYT?
27. HDIF when you have to make a sacrifice for us?
28. What amazes me most about our marriage? HDMAMMF?
29. HDIF when I make a specific sacrifice for you?
30. How has our dialogue increased our confidence in each other? HDMAMMF?
31. What one thing united us most this weekend? HDMAMMF?
32. What particular thing can I do for you when you are under pressure? HDIFTYT?
33. When do I need your love the most? HDIFTYT?
34. What one thing do I want to change about myself? HDIFTYT?
35. HDIF when you kiss me?
36. HDIF when we pray together?
37. What are my dreams for us? HDMAMME?
38. HDIF when one of our children shows one of your qualities?
39. HDIF when my behavior hurts you?
40. HDIF when you touch me?
41. What feeling of mine do I hide from you? HDIFTYT?
42. HDIF when we see an encounter sticker on the parkway?
43. HDIF when one of our children says "I love you?"
44. HDIF when you touch me in that certain way; or certain place?
45. WAMFA my/your daily work?

46. HDIF when you tell me you love me?
47. WAMF just being married to you?
48. HDIF when I see us growing closer together?
49. HDIF when I help you to be yourself?
50. HDIFA sex in the morning?
51. HDIF today?
52. How can I help you to better understand me? HDIFTYT?
53. HDIFA expressing my feelings to you?
54. HDIFA hearing your feelings about me?
55. HDIF when we meet an encountered couple we do not know?
56. WAMFA getting up in the morning?
57. WAMFA what happiness is? Kindness? Gratitude?
58. HDIFA giving to others?
59. HDIF when you come home in the evening?
60. HDIFA our spiritual growth as a couple?
61. HDIF when you leave a note of love where I can find it unexpectedly during the day?
62. HDIF when you put your arm around me in public?
63. What do I love most about you? HDIFTYT?
64. HDIF when you hug me after a rough day?
65. HDIF after re-reading your encounter weekend notebook?
66. HDIFA the loving atmosphere in our home since M.E.?
67. HDIFA the reaction of our friends after we made a M.E. weekend?
68. HDIF when I see you depressed ; unhappy, tired?
69. HDIF when you really try to reach out and accept my feelings about sex:, money and relatives?
70. HDIF when I've done something to make you happy?
71. HDIFA your/my giving 100% to our relationship?
72. HDIFA you when you've picked up the pieces after a bad day ?
73. HDIF when we plan things together?
74. WAMF when we go out socially?
75. WAMFA our home?
76. What are some of the things that make me happy? HDIFTYT?
77. HDIF when we try something different in our lovemaking?
78. Describe my strongest feeling right now?
79. What do I like about you and how does it make me feel?
80. HDIFA my self-image?
81. How do we show others our love as a couple? HDIFAMA?
82. WAMFA "Christ dislikes the sin, but loves the sinner?"
83. HDIFA Jesus as a person and how does this affect us?
84. HDIFA our spiritual growth as a couple?
85. WAMF when we receive the body of Christ as a couple? How do these feelings affect us?
86. HDIF when the image of God is made clearer to me through you?
87. How has our Father's presence in our dialogue affected our relationship? HDIFTYT?
88. God needs our couple love for the salvation of the world. How does this make me feel?
89. HDIF seeing your compassion, tenderness, frown, eyes?
90. HDIFA your/our hopes, high-lows, hobbies, good nature, guts, temper, favorite movie, book, record, song, joke, people, food?

HDIF(A)-How Do I Feel (About) ; WAMF(A)-What Are My Feelings (About); HDIFTYT-How Do I Feel Telling You This;
 HDMMAMMF-How Does My Answer Make Me Feel; HDIFAMA-How Do I Feel About My Answer