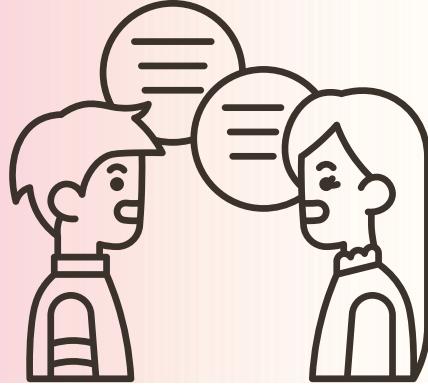


# Relationship Questions:

## *Building Communication Skills*



### **RELATIONSHIP QUESTIONS INSTRUCTIONS**

It's become harder to have meaningful conversations with your spouse due to digital distractions, busy schedules, family commitments, children's activities, and other demands. Many couples find it hard to make time to talk and sometimes even forget how to have real conversations with each other.

With relationships being so complex today, good communication is more important than ever for a strong marriage. Asking thoughtful questions can strengthen your bond, build intimacy, and help you create a lasting connection.

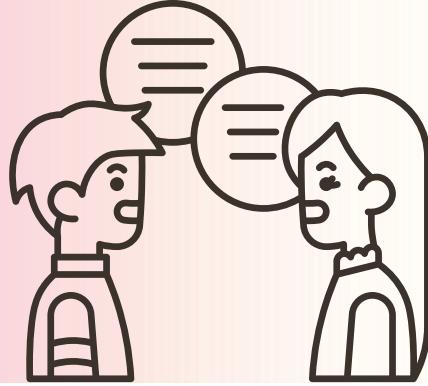
The 38 questions below are designed to help you start conversations, encourage more meaningful discussions in the future, invite vulnerability, deepen your understanding of each other, and maybe even share a few laughs.

**Pick one question each evening for the next six weeks to talk about together, and follow the guidelines below.**

- Set aside a time to talk when you're both relaxed and free from distractions.
- Choose a comfortable spot where you both feel at ease.
- Practice active listening. Focus on understanding your partner, not just waiting to reply. Don't interrupt when your partner is sharing their thoughts.
- Be open and honest with each other. Don't hold back.
- Be respectful. If a question feels uncomfortable, skip it and try it another day.
- Don't use these questions just for small talk. Let them lead to bigger conversations, and feel free to revisit them later.

# Relationship Questions:

## *Building Communication Skills*

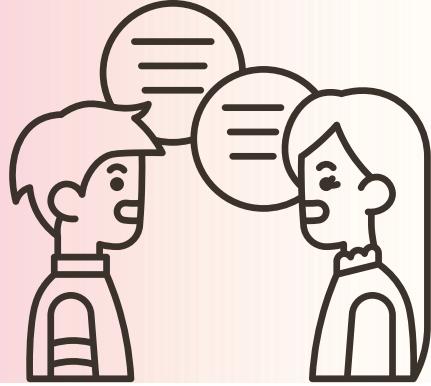


### **RELATIONSHIP QUESTIONS**

1. If you could be famous for anything, what would it be?
2. What's one book that left a lasting impact on you? Why?
3. What's the one aspect of life you'd like to explore more if you had the chance?
4. What sights, tastes, or smells can instantly transport you back to your childhood?
5. What do you think is our generation's greatest struggle compared to older and younger generations?
6. What advice would you give your younger self?
7. If fear didn't hold you back, what would you pursue?
8. What's your favorite trait you hope I never lose?
9. How have you changed in the last year?
10. In what areas do you think we are different, and in what areas do you think we are similar?
11. When do you feel the most connected to me?
12. What is your biggest regret?
13. If you could fly tomorrow, where would you go? Why would you go there?
14. What brings you the most pleasure in our sex life?
15. If you could change one thing about us as a couple, what would you change?
16. How did your experience of your parents shape how you feel toward them as a parent? What do you want to emulate from what your parents did? What do you want to do differently?
17. Whom do you admire? Why?
18. If you could change one thing about where we live, what would it be?
19. If you could host a dinner party with five influential or famous people, who would they be? Up the ante by adding "dead or alive" to this one.

# Relationship Questions:

## *Building Communication Skills*



### **RELATIONSHIP QUESTIONS**

20. What are the top three gifts you've ever received?
21. What's something that made you laugh so hard you cried?
22. What helps you feel emotionally or physically safe?
23. What's the question you're dying to be asked?
24. When do you think I look the sexiest?
25. What's something we used to do that you wish we'd do more of, or what's something you'd love for us to do that we haven't done yet?
26. What's one thing about your parents' relationship you admire most?
27. What's the most valuable lesson your parents taught you?
28. What's a belief you held strongly in the past that you've since changed your mind about?
29. How can we better support each other's individual growth?  
Spiritual growth? Emotional growth?
30. What's a goal you'd like us to work towards together?
31. What have you always wanted to tell me but haven't?
32. What's your biggest fear in our relationship?
33. What's your biggest fear in life?
34. What can we both do to practice gratitude more deeply in our daily lives?
35. What's a moment of kindness from a stranger that you've never forgotten?
36. How do you think our intimacy has evolved since the beginning of our relationship?
37. What makes you feel most connected to me?
38. What's one promise you'd like us to make to each other for our future?

