

Questions for Deepening Your Relationship

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Specific Questions To Get Started:

1. Name my two closest friends.
2. What is my favorite musical group, composer, or instrument?
3. What was I wearing when we first met?
4. Name one of my hobbies?
5. Where was I born?
6. What stresses am I facing right now?
7. Describe in detail what I did today or yesterday.
8. When is my birthday?
9. What is the date of our anniversary?
10. Who is my favorite relative?
11. What is my fondest unrealized dream?
12. What is my favorite website?
13. What is one of my greatest fears or disaster scenarios?
14. What is my favorite time of day for lovemaking?
15. What makes me feel most competent?
16. What is my favorite meal?
17. What is my favorite way to spend an evening?
18. What is my favorite color?
19. What personal improvements would I like to make in my life?
20. What kind of present would I like best?
21. What was one of my best childhood experiences?
22. What was my favorite vacation?
23. What is one of my favorite ways to relax?
24. Who is my greatest source of support other than you?
25. What is my favorite sport?

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26. What do I most like to do with time off?
27. What is one of my favorite weekend activities?
28. What is my favorite movie?
29. What are some important events coming up in my life? How do I feel about them?
30. What are some of my favorite ways to work out?
31. Who was my best friend in childhood?
32. Name one of my major rivals or "enemies."
33. What would I consider my ideal job?
34. What do I fear the most?
35. Who is my least favorite relative?
36. What is my favorite holiday?
37. What kinds of books do I like most to read?
38. What is my favorite TV show?
39. Which side of the bed do I prefer?
40. What am I most sad about?
41. What medical problems do I worry about?
42. What was my most embarrassing moment?
43. What was my worst childhood experience?
44. What is my social security number?
45. What foods do I hate?
46. What is my favorite animal?
47. What are two of my aspirations, hopes and wishes?
48. Of all the people we both know, who do I like the least?
49. What sports team is my favorite?
50. What is my favorite song?

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Open-Ended Questions To Go Deeper

1. How would you like your life to be different 3 years from now?
2. Do you see your work changing in the future? How?
3. What is your opinion of our physical home? Would you make changes if you could?
4. How would you compare yourself as a mother or father to your own mother or father?
5. What kinds of persons do you think our children will become? Any fears? Any hopes?
6. If you could redo a 5-year period of your life, what would you choose?
7. If you could change one thing about your past, what would it be?
8. Who do you consider your best friends or close allies? Has the list changed recently?
9. What qualities do you most highly value in friends?
10. What were the best and worst things that happened to you as a teen?
11. If you could live in any other time in history, when would it be and why?
12. If you could choose a different career or vocation, what would it be and why?
13. Do you feel like certain things are missing from your life? What are they?
14. Do you think you've changed in the last year? How so?
15. If you could live another person's life, whose would you choose?
16. Have any of your life goals changed recently?
17. What are some of your life dreams now?
18. What are some of your goals for us as a family?
19. What have the highest and lowest points in the past year been for you?
20. What adventures would you like to have in your life right now?