

Emotional Intimacy & Connection

1. What helps you feel emotionally close to me?
 2. When do you feel most safe and secure in our relationship?
 3. What do you need from me when you're feeling low or anxious?
 4. How do you show love and how do you best receive it?
 5. When was the last time you felt truly understood by me?
 6. What's one thing you wish I knew about your inner world?
 7. What are the ways I make you feel appreciated?
 8. How do you typically respond when you feel disconnected from me?
 9. What's something I could do more often that would help you feel seen?
 10. When you feel hurt or disappointed, what do you most need from me?
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Communication & Conflict

11. How do you typically respond during conflict: fight, flight, freeze, or fawn?
 12. What's one argument we've had that you still think about?
 13. When we disagree, what helps you stay emotionally grounded?
 14. What does a healthy apology look like to you?
 15. How can I support you better when we don't see eye to eye?
 16. Do you feel heard when you express your needs? Why or why not?
 17. What tone or body language shuts you down during an argument?
 18. How did your family handle conflict growing up, and how does that influence you now?
 19. What's one topic you find difficult to bring up with me?
 20. What are some "rules" we could create for fair and respectful conflict?
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Trust, Safety & Boundaries

21. What does trust mean to you in a relationship?
22. Is there anything you wish we had more boundaries around?
23. How can I help you feel more emotionally safe?
24. What has challenged your trust in past relationships?
25. What are your expectations around privacy and openness?
26. When do you feel most secure in us?
27. How do you define loyalty and commitment?
28. What boundaries do you need to feel respected in this relationship?
29. How do you tend to react when you feel emotionally vulnerable?
30. Have I ever unintentionally hurt your trust? What helped or would help repair that?

Fun, Lighthearted & Playful

31. What's one silly thing I do that always makes you laugh?
 32. If we had a full weekend with no responsibilities, how would you want to spend it?
 33. What's your dream vacation and would we relax or explore?
 34. What's a movie or song that reminds you of us?
 35. What's something small that brings you joy in everyday life?
 36. What do you think our "couple's personality" is?
 37. If we were characters in a romantic comedy, what would our story arc be?
 38. What's a fun date idea we've never tried but should?
 39. What childhood toy, game, or show meant a lot to you?
 40. What's a random skill or talent you'd like to learn together?
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Personal History & Childhood

41. What were your parents' roles in your household growing up?
 42. How did your caregivers show or withhold affection?
 43. What was conflict like in your home as a child?
 44. What were your biggest emotional needs as a kid?
 45. What part of your childhood shaped your personality the most?
 46. What messages did you receive about love and relationships growing up?
 47. Did your family encourage or avoid talking about emotions?
 48. What are you still healing from in your past?
 49. What did you crave most from adults as a child?
 50. How do your childhood experiences influence how you show up in this relationship?
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Sexual & Physical Intimacy

51. What makes you feel desired or attractive in our relationship?
52. What helps you feel emotionally connected before physical intimacy?
53. What does sexual safety mean to you?
54. Are there any unspoken expectations around sex that we should explore?
55. How do you want our sexual connection to grow over time?
56. What turns you on emotionally not just physically?
57. What's a way we could improve physical closeness without pressure?
58. When do you feel most confident or comfortable in your body?
59. What is your aftercare need following physical intimacy?
60. What are the emotional blocks that sometimes get in the way of physical connection?

Values, Meaning & Beliefs

61. What does “a good life” look like to you?
 62. How important is spirituality or faith in your life and relationship?
 63. What values do you most want to pass on (to children or others)?
 64. What do you believe is the purpose of marriage or long-term commitment?
 65. When do you feel like your life is most meaningful?
 66. How do you define success personally and as a couple?
 67. Are there any causes or missions that matter deeply to you?
 68. What’s one value we both share that strengthens our relationship?
 69. How do we support each other in living out our values?
 70. What moral or ethical lines are most important to you?
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Family, Parenting & Roles

71. How did your parents' relationship impact your view of marriage?
 72. What kind of parenting style do you believe in or want to practice?
 73. How do you feel about how household responsibilities are divided?
 74. What family traditions would you like to keep or leave behind?
 75. If we’re parents (or plan to be), what do you want our home environment to feel like?
 76. How do we support each other as a team in family roles?
 77. Are there family-of-origin dynamics that still impact our relationship?
 78. What boundaries do we need with extended family?
 79. What lessons do you want to teach our children or future children?
 80. How do you feel about our current life rhythm or structure?
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Future Vision & Growth

81. Where do you hope we are emotionally one year from now?
82. What are your biggest hopes for our relationship?
83. If we could grow in one area as a couple, what would it be?
84. What scares or excites you about our future?
85. What kind of legacy do you want us to leave behind?
86. What are your financial goals and fears?
87. If we were to “reset” some part of our life together, what would we change?
88. What does retirement or old age look like to you?
89. What are 3 things you want to experience together in the next 10 years?
90. How do we handle change or transitions as a team?

Self-Awareness & Mutual Insight

91. What's something you've learned about yourself through this relationship?
92. What do I do that brings out the best in you?
93. How do you tend to protect yourself emotionally?
94. What helps you open up when you're feeling shut down?
95. How do you think I experience you emotionally?
96. What's one area of personal growth you're currently working on?
97. What feedback have you received from me that has stuck with you?
98. What do you most want to be remembered for—as a person and partner?
99. How do we challenge and inspire each other?