

Building Couple Emotional Intimacy*

At least once a week, sit down close to each other and discuss one or two of these questions over your favorite beverage. Remember, the goal is to listen, discover, accept, and delight in each other. Avoid correcting, fixing, or dismissing what the other reveals about themselves.

If some questions are a little too deep to discuss at this point in your relationship, ponder them some more personally and then come back to them as a couple at another time. Enjoy the deeper bonding and emotional intimacy that is sure to happen!

1. What did you learn about relationships from your parents?
2. What has our relationship taught you about yourself?
3. When you're feeling stressed, what's the best thing I can do for you?
4. When have you felt most proud of me?
5. How do you like to be flirted with?
6. In what ways do you think we've grown and developed as a couple?
7. When was the last time you cried and what is helpful for me to do when you cry?
8. What does "work-life balance" mean to you?
9. What are a few surprising things you have learned about me?
10. When was the last time you laughed so much you almost cried?
11. In what ways do you think we're similar?
12. In what ways do you think we're different?
13. What did you want to be when you were a child?
14. What are some things you have learned from me?
15. What can I do to affirm and encourage you?
16. Is there anything I do that decreases your confidence?

*Compiled by Ron Friesen and adapted from *50 Questions to Build Emotional Intimacy*, by Kathryn Wheeler at: happiful.com/50-questions-to-build-emotional-intimacy/

17. What do you think are the current challenges in our relationship?
18. If we could travel somewhere special, where would you like to go?
19. What are some treasured childhood memories you have?
20. What are some of your biggest fears?
21. How do you think you express love for me?
22. What were your favorite toys growing up?
23. What excites you the most about life?
24. What is your favorite characteristic about yourself?
25. How important is our physical connection to you?
26. What do you think are a few interesting facts about me?
27. How would you define success?
28. What do you hope our life together will be like in five years?
29. What's your favorite way to relax?
30. How often do you reflect on the past? What do you think about most?
31. What do you think are signs of a healthy relationship?
32. Do you think we have the same values? How do they differ?
33. When and where do you feel most comfortable?
34. What is your favorite thing for us to do together?
35. What are a few of your favorite songs and why?
36. Through which of these five "love languages" do you feel most loved?
(<https://www.youtube.com/watch?v=NW0UJ9eKi54&t=158s>)
 - Words of Affirmation
 - Quality Time
 - Receiving Gifts
 - Acts of Service
 - Physical Touch

37. What is one favorite photograph of the two of us? Why?
38. Is there something new you want to try together?
39. If you could relive one day with me, which would it be?
40. Are you able to tell when I'm upset? How?
41. What value do you admire most about me?
42. Is affection in a relationship important to you? How?
43. What's the most loving thing I've done for you so far?
44. When you're feeling stressed, what's the best thing I can do for you?
45. In a house fire, what five items would you save?
46. How can I best support you with your career?
47. What is most helpful for me to do when you are angry?
48. How can I help you in facing and overcoming your insecurities?
49. How are our approaches to finances different and how are they similar?
50. What builds trust in relationships?
51. What's the best thing about us as a couple?
52. What's a guaranteed way to make me laugh?
53. What would you like to see changed in how our household duties are divided?
54. How often do you think about the future? What do you most often think about?
55. Do you prefer to plan things or be spontaneous?
56. What's the best thing I can do for you when you're feeling down?
57. What does the best version of yourself look like?
58. What item of clothing do you feel your best in?
59. What is your favorite way to relax together?
60. Do you feel comfortable raising issues in our relationship? Why or why not?

61. Do you think we have a similar sense of style? If not, how do our styles differ?
62. What does your ideal day look like?
63. What wounds from the past do you have that I could support your healing from?
What kind of support would be most meaningful?
64. What does it mean to forgive?
65. What small things in life make you happy?
66. Do you have any self-development goals?
67. When you feel nervous, how can I best support you?
68. If we were to learn a new skill together, what would it be?
69. How do you think we've changed since the start of our relationship?
70. What's your favorite way to treat or pamper yourself?
71. Are you guided more by logic or by intuition? How can we blend our approaches?
72. What makes it easier for you to admit it when you're wrong?
73. What does good health look like for you?
74. Do you like being in the spotlight or do you prefer the sidelines?
75. What's important to you in making decisions together?
76. What's the best piece of advice you've been given?
77. Who is someone you admire? Why?
78. What helps you feel listened to?
79. What's your favorite thing about being your current age?
80. In group social situations, do you think we complement each other? How so?
81. Who was a favorite teacher at school, and why?
82. How do you deal with making mistakes? What is helpful from me when that occurs?
83. How easy is it for someone to influence your thinking?

84. How do you feel about your relationships with your family?
85. What helps you feel trusted?
86. What are the tell-tale signs that you're not in a good mood?
87. What's an activity you've always wanted to try?
88. What's your favorite way to take care of or to pamper yourself?
89. When do you feel most desirable?
90. What is one favorite way that I express my feelings about you?