

Questions to Ignite Conversations about the things you really want to know with anyone?

These types of questions help stimulate communication with partners. Opening up healthy and thought-provoking conversations to keep you engaged with each other.

- 1) If a fire destroyed your home and all of your belongings, what would you do? If you could take out three things before the blaze, what would they be? This assumes there is no one in the house at the time of the fire.
- 2) When you are sick and feeling poorly, do you like to be alone or do you like to be pampered and have someone close to your side most of the time?
- 3) Do you think you would prefer a calm, loving, consistent marriage or one that was full of excitement, wild times and rocky patches?
- 4) What one skill do you wish you had learned but haven't yet (ie. play the piano, learn a foreign language, fly a plane)?
- 5) If your dear friends wanted you to donate sperm or eggs because they were infertile, would you do so? How would you feel about your mate doing so? What about donating them for a couple that would remain anonymous?
- 6) Do you believe there is one right person for you out there in the world or that there can be many different potential mates that you could live blissfully with?
- 7) Do you think it is risky or unhealthy for your mate to have a best friend of the opposite sex?
- 8) What first attracted you to me? How has that one attraction changed since then?
- 9) What feeling do you have the most difficulty expressing?
- 10) About what things are you most selfish?
- 11) Over the last five years how do you think you have changed for the worse? Better?
- 12) If you had to take a paid sabbatical and couldn't work for an entire year, what would you most like to do?
- 13) What are you most fearful of? How does that fear keep you from doing things you would like to do?
- 14) Do you need to hear "I love you" or similar words on a regular basis from your partner?
- 15) Is it ever appropriate for someone to express anger in a physical way? If so, when and how?
- 16) What rituals could be added to our relationship on a daily, weekly, monthly and yearly basis that would help us to remain close?

- 17) What does my family do that annoys you?
- 18) What makes you feel secure and safe?
- 19) Which do you think should have the final say in decisions – logic or emotions? Why?
- 20) What five things have you done in your life that you are most proud of?
- 21) If your partner had an affair, how would you react? Could you forgive him or her?
- 22) Over the last five years how do you think you have changed for the worse? Better?
- 23) On which topics do you feel qualified at giving advice?
- 24) If you could live one year of your life all over again without changing a thing, what year would you choose? Why?
- 25) Do you prefer receiving expensive gifts or ones that come from the heart?
- 26) If you suddenly became blind, how would your idea of the perfect mate change?
- 27) Are you currently comfortable with your body? If not, what would you change to make you comfortable?
- 29) What do you think are your optimum hours of sleep to be fully energized?
- 30) If you could plan any vacation for us, where would it be?
- 31) Is there anyone you would be willing to die for?
- 32) If you and your spouse had two cars, one much nicer than the other, who do you think should drive the newer vehicle? Would it make any difference if only one of you worked?
- 33) Is there anything you feel you must accomplish before you die?
What steps do you need to take to achieve these goals?
- 34) Which family members should we buy birthday or special holidays gifts for (parents, siblings, aunts/uncles, grandparents, cousins, etc.)?
- 35) If you had to pick a different city to live in with your sweetheart and proximity to family and friends didn't matter, which city would it be?
- 36) If someone wanted to give you a \$50 gift certificate to use on yourself, which store/theatre/spa would you tell him or her you wanted.
- 37) How do you feel about friends, relatives or people in need living in your house for a year?
- 38) Do you find it very difficult to say "no" to your mom or dad when they want you to do something you would prefer not to?

39) How many hours a day, on average, do you spend on the computer/Internet (not counting time spent for work)?

40) Do you enjoy shopping, don't care one way or the other, or detest shopping? Does it change whether it is for clothes, electronics or food?

41) How long could you spend with your partner before you needed a little break and some time alone?

42) Do you find boyfriends/girlfriends easy to trust or do they have to earn your trust?

43) What body parts turn you on the most?

44) Do you like to travel on the spur of the moment (hey, let's drive to the mountains next weekend)?

45) What was the best vacation you've ever taken?

46) Have you ever gone to your boss and asked for a raise? Did you threaten to quit if you didn't get it? Did you get it?

47) What, to date, has been your greatest source of learning?

48) Did you go to college? Where? What degree(s) did you get, if any? Do you think your education has paid off? How?