



10 Smart Questions

1. What I want from you is ... (Or, depending upon the situation) The change I would like to see in you is ... _____

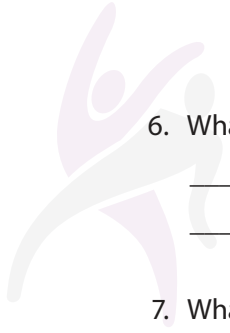
Is that something any part of you has an interest in doing? Why or why not? If so, how could I be more supportive of you responding to me? _____

2. What do you think it will cost you to respond to me the way I would like? _____

3. Honey, if you could choose only one thing to improve in me what would it be? Just one wish. If it is granted what would it be? Describe it in specific action oriented terms. And what would the effect be on you? _____

4. What do you think each of us needs to learn in order to become more effective partners or to be a better team? _____

5. What do you think is the smallest shift you could make and I could make that would have a significant role in improving our relationship? _____



6. What is one belief you think I have about you that you think is entirely erroneous? _____

7. What is the worst thing I did to you and do you still harbor negative emotions about it? _____

8. What do you value most about who I am? _____

Why is this important to you? _____

9. Think of a time, place or situation when we were at our best. Why does that stand out for you?

10. What are some goals/dreams you have that excite your imagination — things that you would like to do, be or have? Does this include dreams for yourself, us as a couple and for the family? To help the brainstorm, imagine time, money or talent is no obstacle. _____

