



The Couples Institute

Do you remember the game “Twenty Questions?” You could ask twenty questions to identify what thing the other person was thinking about.

Here’s a variation on that, for your next dinner date or when you have some spare time. Using the questions below, you can find out a little more about your partner and vice versa. These questions will help you go a little deeper than discussing work, kids, vacations, or sports.

Interestingly these are the kinds of questions couples often ask each other in the early stage of a relationship. But as time hurtles forward, these great questions get neglected and then abandoned.

For an interesting and stimulating conversation, try a few of these questions to discover or rediscover who your partner is.

(If you’re having trouble even getting a conversation going with your partner, [click here](#) for help.)

The one quality to keep in mind for the questions below is to treat the responses with respect. Try not to argue or negatively judge any of the responses. Be like a compassionate reporter who is writing an interesting story.

Here is what you can ask your partner (or that your partner can ask you) – and you can even test how you each think the other would answer the question first:

01 If you could change only one thing in your life, what would that be and why?

05 What do you feel is your greatest accomplishment in your life? Did other people help to make that happen?

02 In a regular day, what do you find yourself thinking about the most?

06 In what settings are you the happiest / eager / most comfortable?

03 If you could write a song about your life, what type of music would you use?

07 What things do you look forward to each day? In your life?

04 What things in your life bring you the greatest pleasure?

08 If you had three wishes that would come true, what would they be?

9 What other things would you want to change now, and why?

14 In what situations do you feel most afraid or insecure?

10 What major regret do you have so far in your life? Is it too late to change it?

15 What would you like to do outdoors that you have not done before? Are there any extreme sports that you'd like to try?

11 What would be your ideal romantic date?

16 What country would you like to visit that you haven't visited yet?

12 Is there a belief or attitude that seems to interfere with creating or pursuing a big dream?

17 What family member did you most admire when you were a child?

13 What are a couple of things that you appreciate about our relationship and why do these things seem significant?

18 What activities did your mother/father do that you most wish they'd taught you?

19

What do you most wish you'd learned from your mother/father?

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23

Who are you most envious of?

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20

Name 3 things that most excite your imagination when you imagine doing them?

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24

What do you want to initiate in the bedroom that you've never risked?

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Here Are Some Bonus Questions

25

What would you most like me to initiate?

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21

What question about our money or future spending do you find hard to ask?

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26

Will you share a favorite sexual fantasy?

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22

What are your favorite things to spend money on?

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27

What celebrity or athlete would you most like to go on a date with?

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28

Where do you most like me to touch you?

31

Where is your favorite place to have sex?

29

How do you like to be kissed?

32

Do you like to talk dirty?

30

Do you like to talk or be quiet when we are making love?

33

Whose body do you most envy?

“

I think it is hard to love someone or something if you don't have some emotional understanding or feel for it. You also can't love something you didn't know existed.

I hope you find this voyage of discovery satisfying.

Keep stretching and growing,

Dr. Peter Pearson

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