

70 Great Questions

General Questions

These questions are great for adding to any conversation. Add these to your vocabulary to increase understanding.

1. Would you help me understand...?
2. Would you tell me more about...?
3. I am confused. Would you clarify...?
4. I'm curious. I wonder if ...?
5. What are you feeling?
6. What are you grateful for today?
7. What did you enjoy today?
8. What were the surprises of the day?
9. What upset or bothered you today?
10. When did you not feel understood today?
11. What are you thinking?
12. What was God saying to you today?
13. What works?
14. What doesn't work?
15. What do you need?
16. What do you want?
17. How can I help you?
18. What triggered (name the feeling, thought, or behavior)?
19. In what ways does (name the feeling, thought, or behavior) help you?
20. In what ways does (name the feeling, thought, or behavior) hurt you?



50 Couple Conversation Starters

Set aside a time when you can talk to each other without interruption. Some of these questions will be easy and some might be difficult.

Use the general questions either as follow-up questions or to dig a little deeper.

If you find yourself getting upset there is a good chance that something is being triggered inside of you. This means that it is important to you. Are there negative beliefs or filters that are not helping you? If needed, take a 30 minutes break and come back to that question.

1. What is your favorite childhood memory?
2. What has been the toughest experience of your life?
3. What is the thing you like best about being a parent? The thing you like the least?
4. What is your favorite memory of the two of us together before we were married?
5. Name two or three things I do for you that brighten your day.
6. What is the best compliment I could give you?
7. What do I do or say that really bugs you?
8. When are you the happiest that you married me?
9. One incident I remember that made me appreciate you more was...
10. Some qualities I most admire in you are...
11. Do I respect and honor you around the children? How about around our friends?
12. How could we improve the way we show love and affection for one another around our kids?
13. Do you consider me an optimist or a pessimist? How do you feel about that?
14. Do I tell you that I love you often enough? Too much? How do I say it without words?
15. Do I ever joke about things you wish I wouldn't? Do you think I joke at inappropriate times?
16. What do you think we argue about most, big stuff or little stuff?
17. Is my way of doing things too structured? Too spontaneous? How?
18. What can I do to let you know I'm thinking of you?
19. If money and time weren't an issue, what would you most like to do?
20. If we were to define a goal that would build our bond and bring us closer, what would it be?
21. What things can you always count on me for? (try to name 5)
22. Is there anything you think we have a hard time discussing? Why do you think it's so difficult for us to talk about that? Is there anything we could do to make it easier?
23. When did you first notice me? What was the attraction? How has that attraction changed?
24. What have you experienced in life that helps you to believe there is a loving God? Has anything ever happened that caused you to doubt that?



25. Are you ever frightened about the future? If so, what frightens you?
26. What positive things have our kids added to our lives?
27. When I get angry with you and you ask for forgiveness, do you feel that I forgive you by my actions as well as by my words?
28. Do you feel like you're harder on yourself when you make a mistake than you need to be? How? Am I harder on you when you make a mistake than I should be? How?
29. In what ways do either of us keep score or put conditions on our affection?
30. Do you ever feel insecure about my love?
31. Do you feel like we share the responsibility in our marriage or does one of us shoulder the burden of some areas more than they should (finances, sex, parenting, spiritual matters, household chores)? Are you comfortable with the way things are?
32. What is your greatest motivation for getting up every day?
33. Are there couples you look up to? What do you respect about their marriages? What positive things do you see in their marriages that you'd like to see us do in ours?
34. One thing I have learned about God this past year is... How about you?
35. Some ways I have seen you grow in the past months/year are...
36. What is one specific concern you carry for each of our children?
37. What things in our marriage make you [sad, happy, scared, thankful, excited, tender]?
38. Describe how [you, I, we] arrive at decisions.
39. Describe how [you, I, we] work toward resolving conflict.
40. When you are hurt or angry with me, what do you do?
41. How would you describe our spiritual life as a couple?
42. In what ways have we have struggled as a couple? Why?
43. What do you see as the strengths of our marriage? What do we do well?
44. What are some obstacles that may keep us from solving problems?
45. Describe how our marriage has changed over the years.
46. What causes you to 'shut down'? What could we do differently to repair?
47. Looking at our history together, when do you think we were at our best?
48. They say, "Opposites attract." What is our most opposite? How does that work? Not work?
49. If you could go back and give yourself some wedding day advice, what would it be?
50. What have you been doing recently to build our bond that I haven't noticed?

