

# Key Questions for COUPLES

## 1. Communication

1. When you get home from work, what are the 3 things you would like me to do or say in the first several minutes?
2. How will you tell me that you've changed your responses to any of these questions?
3. What do I say that makes you the most uncomfortable when we are alone together?
4. What do I say that makes you the most uncomfortable when we are together in public?
5. What are you tolerating about how we speak with each other?
6. What about my voice or communication style makes you want to spend more time with me?
7. What about my voice or communication style makes you want to spend less time with me?
8. How do you feel about how we argue/fight?
9. What should I never, ever say to you, even in anger or frustration?
10. What will I have to say or do in order to get your attention when I have not been able to?

## 2. Our happiness

11. How much space/time do we need apart during the day? Week? Month? Year?
12. How long are we in this relationship for? 13. What will keep us happily together?
14. What need of yours will I never be able to fill/satisfy? Why is that?
15. What kind of memories do we want to create together?
16. What do you expect from me that you really should be expecting of yourself?
17. What has held you back, intimacy-wise, in your other relationships?
18. Who do we know who has the type of intimacy that we most want?
19. How much room/license do we have to ask the other person to change?
20. What changes do you think I'll need to make in order for you to be really happy?

## 3. Our relationship

21. What will be the early warning signs that our relationship is in trouble?
22. How will we know if our relationship is over?
23. What activities and common interests can we develop that will bring us closer together?

- 24. What are you willing to do with or for me that you haven't been willing to do with any previous relationship?
- 25. What are your feelings about monogamy at this stage of our relationship?  
How likely is it that these feelings will change?
- 26. Why are we in this relationship in the first place?
- 27. Where will we be in this relationship 5 years from now?
- 28. What's the biggest lesson you can learn from me?
- 29. What's the biggest lesson I can learn from you?
- 30. What about our relationship will evolve us both?

#### 4. Our reactions

- 31. What is going to set you off?
- 32. What can you say to me before this happens?
- 33. What do you do when you feel hurt by me?
- 34. How will I be able to be forgiven when i've done something that really hurts you?
- 35. What will ruin our relationship?
- 36. Which of my weaknesses have you totally accepted and no longer have a problem with?
- 37. Who do I remind you of? Is that okay?
- 38. What are 3 concerns you have about my emotional/psychological state or personality?
- 39. What habits do I have that are upsetting you?
- 40. What is the likely source of most of your reactions?

#### 5. What happens if...

- 41. What will you do when you feel tempted sexually by another person?
- 42. What do we do if one of us wants sex and the other one does not?
- 43. What will you say -- or not say -- if you cheat on me?
- 44. What happens if we can't agree on something important which involves both of us?
- 45. How can we get both of our needs met when we want different things on a particular day?
- 46. What do we do if both of us are having a bad day?
- 47. What happens if were upset with each other before we go to sleep?
- 48. What happens if one of us needs more space than the other?
- 49. What happens if I can't stand someone who becomes a close friend or associate of yours?
- 50. What happens if I get discouraged about our relationship?

## 6. Touching (non-sexual)

51. What kind of touch or demonstration best says "i love you" to you?
52. What are the 3 parts of your body that you most like touched? How?
53. What are the 3 parts of your body that you most like massaged?
54. How close do you like to sit when eating together?
55. How "touchy" do you like to be with me?
56. How "touchy" do you want me to be with you?
57. How do you feel about pdas? (public displays of affection)
58. Where should I not touch you? Why?
59. How should I touch you differently?
60. How will you tell me when you need to not be touched fora little while?

## 7. Preventing problems

61. What could I do that will cause you to pull away from me?
62. What is our code word to use during a conversation or argument where one of us is getting hurt and we need to stop?
63. What can we do to avoid arguing and fighting entirely?
64. When we argue, how will you take responsibility for your part of the problem?
65. What about our living situation is likely to give us a recurring problem?
66. What about our personalities is likely to give us a recurring problem?
67. What about our financial situation is likely to give us a recurring problem?
68. What about our children is likely to give us a recurring problem?
69. What about our parents/family is likely to give us a recurring problem?
70. What about our work is likely to give us a recurring problem?

## 8. Sexual discovery

71. What is the ideal way for me to start the sexual process?
72. What 5 things work well for you as an aphrodisiac?
73. How will we let each other know what we want sexually?
74. How much time do you usually need to warm up?
75. Do you prefer sex in the evening?morning? Daytime? Anytime?
76. How many days between sex will be too long?
77. How long should sex take, from beginning to end?

78. Do you like to talk during sex (dirty or conversational)?
79. Besides the bedroom, is there anyplace else in the house that you like to have sex?
80. What's the biggest sexual turn off for you?

## 9. Sexual preferences

81. Would you like to be more or less assertive with me, sexually?
82. What do you think "i" like most in regards to our lovemaking?
83. What were the hottest sexual experiences you've ever had?
84. How important is "hot sex" to you in our relationship?
85. If I said you could do anything to me, what would that be?
86. What about my personality is sexy to you?
87. Which sexual positions or acts is offlimits for ever and ever?
88. Which sexual positions or acts is offlimits, at least for now?
89. What is a fantasy of yours that I probably will never be able to fulfill?
90. What should I say or not say during your orgasm?

## 10. Sexual activities

91. What are the 5 most sexually sensitive areas of your body?
92. Is there something you really like to do sexually that you are afraid I won't like or will think less of you for?
93. What are the five things you like most about my body? Why?
94. What drives you wild?
95. What fantasy would you like to act out with me?
96. If we did the same thing each time for sex, what would you want that to be?
97. What do you most want to do after we've had sex?
98. What are your favorite sexual positions/activities?
99. What's the kinkiest thing we'll probably ever do together?
100. What makes you uncomfortable or fearful with me, sexually?

And...

101. What's the most sacred aspect of you?