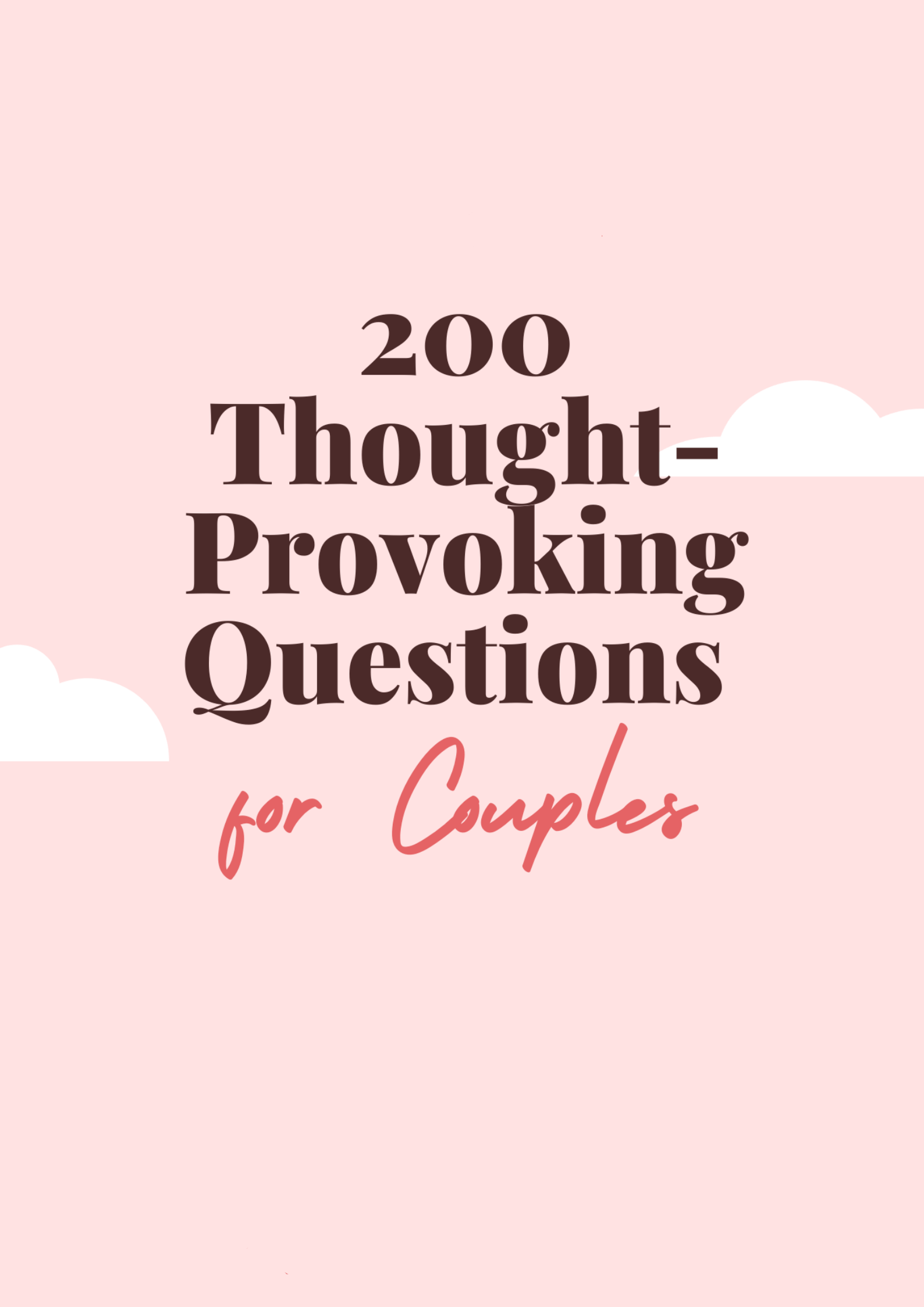


The background is a solid light pink color. There are two stylized white clouds: one on the left side, partially cut off, and one on the right side, also partially cut off.

200 Thought- Provoking Questions

for Couples

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How to Use These Questions

These questions can help you and your partner learn more about each other.

You may also feel inspired to make some personal changes in your behaviors and habits.

The questions will reveal unmet needs and behavior change requests from both of you that you'll want to discuss openly. There might be needs you can't fulfill or changes you're unwilling to make, but you can still mutually arrive at alternative solutions.

Choose a time when you know you won't be interrupted and take turns asking and answering the same question.

You may want to keep a journal to make notes about your partner's responses and things you learned about yourself.

Should any of your discussions around these questions become too emotional or create tension between the two of you, please seek the support of a professional relationship counselor to help you navigate the issue.

Exploring The Past

What's one word that best describes your mother?

What's one word that best describes your father?

What characteristics of your parents' marriage would you like to see in yours?

What characteristics of your parents' marriage would you like to avoid?

How did your father treat your mother and vice versa?

Did one parent constantly tease, belittle, or otherwise abuse the other?

How did your parents approach disagreements or confrontations? Did you see work through them or avoid them?

Were you aware of one parent keeping secrets from the other?

Were you aware of any infidelity by either of your parents?

Has your parents' marriage influenced how you address problems and disagreements with your partner?

Growing up, were you exposed to mostly positive and loving relationships or negative ones?

Did your parents believe that marriage was a burden or a joy?

Can you think of a couple that you know who have a great marriage? What characteristics of their marriage would you like to see in yours?

Is there any loss in your life that you've never fully grieved over?

What was the lowest point in your life, and how did you handle it?

Childhood

How has your birth order affected you?

As a kid, what did you want to grow up to be?

As a kid, what was your idea of fun?

What nightmare woke you up in a panic?

How would you describe your most magical childhood moment?

Were you jealous of some of your friends while growing up? If so, why?

Did you enjoy going to school, or did you feel it was a burden?

Do you see yourself as a late bloomer or did you feel like you were forced to mature faster than others?

Describe a pleasant childhood memory that had an impact on your life.

Describe an unpleasant childhood memory that still bothers you.

Were you picked on or bullied as a child? Did you pick on others?

Describe your first childhood crush.

How were you disciplined as a child? If you have children, how will your discipline be the same and how will it be different from what you experienced?

Parents and In-Laws

Do your parents approve of your partner? If not, how do you think it will affect your marriage?

Will you or your partner look for ways to change this disapproval?

Does either of your parents have a strong opinion on how you should live your married life?

Will you financially support your parents if they become unable to support themselves?

Would you agree to have an aged parent move in with you?

What do you wish you could say to your mother and father that you've never said to them?

What will your relationship be like with your parents, siblings, and friends after you marry?

Do you feel your in-laws approve of you as a partner? If they don't, how does that make you feel?

How do you feel about financially supporting your in-laws if they become unable to support themselves?

How important is it to please your in-laws?

How do you feel about spending holidays with your in-laws instead of your parents?

If you could talk with your in-laws, what would they say you needed to know about your partner?

Pets

Did you have pets growing up?

Have you ever had an unpleasant experience with an animal?

Are you considering getting pets after you've married? If so, what kind and how many?

Are there any kinds of pets that you refuse to have?

If you already have a pet together:

How has having a pet brought us closer as a couple?

Share a funny story about our pet that always makes us laugh.

Does our pet have a unique personality trait that reminds you of one another?

Describe a moment when you needed comfort from our pet. How did our pet help?

How has having a pet influenced our daily routines and schedules as a couple?

Exes and Past Relationships

Do you feel that you've had closure with your former partner?

Do you feel threatened by your partner's former partner?

What was your worst date?

What was your most romantic date?

What's the longest you've been in a relationship?

What was your first heartbreak like?

What was the most valuable lesson you've learned from your worst breakup?

What's something you used to believe about relationships, that you no longer do?

Have you ever been cheated on?

Have you ever cheated on someone?

What have you learned from your past relationships that will make you a better partner now?

Relating to Others

How well do you get along with your coworkers?

How well have you gotten along with past and present bosses?

Have you ever been fired? If so, what were the circumstances?

Do you offer to help coworkers, even if it's not part of your job description?

Do you become impatient when you're not attended to right away in a restaurant or when you have to wait?

How do you react when you receive poor service at a restaurant or other business?

What kinds of behaviors do you think are unacceptable in public?

Do you avoid socializing with people of a different race or culture? If so, why?

Do you believe that some racial or cultural stereotypes are true?

Have you ever been the victim of racism?

Children

Do you want to have children? If so, how many children do you plan on having?

When do you plan to have children?

How many years would you like between the births of each child?

How important is it that you have at least one boy or one girl? Would you continue to have children until you had at least one boy or one girl?

If you found out that you and your partner could not conceive, would you (a) use fertility treatments, (b) use a sperm or egg donor, (c) become foster parents, (d) adopt, or (e) remain childless?

If you've both decided not to have children, are you sure neither of you will change their mind?

How will you deal with an unplanned or unwanted pregnancy?

If your unborn child were diagnosed with a life-threatening disease, or a serious deformity, would you continue with the pregnancy?

What worries do you have around having children?

Do you plan on saving money for your children's education? If not, how do you plan to pay for their education?

Personal Profile

What drives you crazy?

Are you serious-minded or a jokester?

Are you more likely to avoid conflict or engage in it? Why?

Are you a leader or a follower?

Who are the people in your life that have influenced you the most and in what way?

Would you describe yourself as more of a feeler or a thinker?

Are you a high-maintenance person? Explain.

Would you describe yourself as more laid back or more intense?

How do you typically react in a pressure-filled crisis?

What's something about yourself that you hope will change, but that probably never will?

What do you think about more than anything else?

What big challenge have you taken on recently?

What bores you?

What bad habit do you wish you could break?

What allergies do you have?

At what time of the day do you feel your best?

What fear would you like to overcome?

What do you believe is your best quality?

Is it more important to you to look good or feel good?

What's your idea of a good time?

In what situations are you most uncomfortable?

What do you do when you want to relax?

If you could eliminate one weakness or limitation in your life, what would it be?

If you could do something very daring without fear, what would you do?

What's one regret you live with?

What's your most embarrassing moment?

When was the last time you cried? Why?

What do you need to feel secure?

How afraid of dying are you? Explain.

What do you think is your purpose in life?

What's something about you that no one knows?

How does your life compare to how you imagined it growing up?

What personality traits tick you off in a person?

What superpower do you wish you could have?

What do you consider your greatest success?

What brings you the greatest satisfaction in life?

Who is your inspiration?

What is your greatest fear or concern about getting married?

What are your beliefs about pornography? To what degree is or has this ever been a part of your life?

What are five habits you're happy you have and five you wish you didn't?

Describe how you handle stress and frustration.

Viewpoints

What does “success” mean to you?

What does “beauty” mean to you?

What does “true love” mean to you?

What do you think is needed to make the world a better place?

What do you think is the key to a happy marriage?

What makes a true friendship?

Why do you think bad things happen to good people?

Do you think it's more important to be smart or to be kind?

Do you believe in "luck," or do we create our own outcomes?

Do you believe that everything happens for a reason?

What is the meaning of life?

What's one thing you know for sure?

When it comes to relationships and compatibility, do you believe that “opposite attracts” or that “birds of a feather flock together”?

How would you complete these sentences?

- “In marriage, a wife should...”
- “In marriage, a husband should...”

Given the number of divorces today, if you were to marry, what would make your marriage last and not end up in divorce court?

What events or experiences have shaped your perspective on life?

What does living a meaningful life mean to you?

Do You Mind?

If you're to make a list of things you can't tolerate, would any of the following items make it on your list?

- ☐ Arriving late
- ☐ Channel surfing on the TV
- ☐ Clutter
- ☐ Dinner not ready when you arrive home from work
- ☐ Dirty dishes in the sink overnight
- ☐ Dirty or untrimmed fingernails
- ☐ Eating in a room other than the kitchen or dining room
- ☐ Hair in the sink
- ☐ Hearing or seeing someone chewing gum
- ☐ Interrupting someone telling a story
- ☐ Leaving the cap off the toothpaste
- ☐ Leaving the toilet seat up
- ☐ Nail-biting
- ☐ Putting feet on the furniture
- ☐ Receiving driving instructions from a passenger
- ☐ Singing with the radio
- ☐ Sound of cracking knuckles
- ☐ Talking with a mouth full of food
- ☐ Toothpaste in the sink
- ☐ Unflushed toilets
- ☐ Visible dust on the furniture
- ☐ Wet towels on the floor or bed
- ☐ Whistling

Would You Rather

Would you rather have more free time or have a higher salary?

If you were to get married this year, would you rather have a big wedding or a small wedding?

Would you rather ask for help or figure it out on your own?

Would you rather be able to fly or read minds?

Would you rather be able to talk to plants or animals?

Would you rather be able to travel but couldn't stay anywhere longer than a week or never leave your hometown?

Would you rather be able to type and text really fast or be able to read really fast?

Would you rather be alone for the rest of your life or always be surrounded by annoying people?

Would you rather be beautiful and dumb or smart and unattractive?

Would you rather be forced to eat only spicy food or only bland food?

Would you rather be known for being funny, or for being kind?

Would you rather be really funny or really smart?

Would you rather be rich or famous?

Would you rather be the funny one, or have your partner be the funny one?

Would you rather cook or wash the dishes?

Would you rather die before or after your partner?

Would you rather die in 10 years with no regrets or live for 30 years with lots of regrets?

Would you rather experience physical pain or emotional pain?

Would you rather fly first class or stay at a luxury hotel?

Would you rather get up early or stay up late?

Would you rather give up social media or be an influencer?

Would you rather go for a long walk on the beach or a romantic drive through the country?

Would you rather go out once a week, or go on a date every night?

Would you rather go to brunch or have breakfast in bed?

Would you rather go to jail for a crime you didn't commit, or get away with a crime but be paranoid about being caught for your entire life?

Would you rather go to jail for a year or lose a year of your life?

Would you rather hang out with older people or with younger people?

Would you rather have a partner with short hair or long hair?

Would you rather have a pet dog or a pet cat?

Would you rather have more time or more money?

Would you rather have poor short-term memory or poor long-term memory?

Would you rather have unlimited free flights or unlimited free food at restaurants?

Would you rather have your mind stay young and sharp, or your body look young?

Would you rather know how you die or when you die?

Would you rather live in a big city or a small town?

Would you rather live somewhere very cold, or live somewhere very hot?

Would you rather live to be 100 years old or live to an average age but live rich?

Would you rather live without the internet or live without AC and heating?

Would you rather lose all of the money you earned this year or lose all of the memories you made this year?

Would you rather never be able to eat meat or never be able to eat dessert?

Would you rather never hear music again or never watch a movie again?

Would you rather never use social media again or never watch a TV show?

Would you rather only be able to go out during the day, or only be able to go out at night?

Would you rather pay for someone's meal or have someone pay for yours?

Would you rather read a book or watch a movie?

Would you rather spend a year living in an RV or on a sailboat?

Would you rather take a relaxing bath, or enjoy a steam shower?

Would you rather talk on the phone or text?

Would you rather your partner's parents dislike you, or your partner's friends dislike you?

Would you rather always be 10 minutes late or always be 20 minutes early?

Careers

Do you enjoy your job?

Are you proud of what you do for a living?

Are you proud of what your partner does for a living?

What are the various jobs you've held? What did you like and dislike about each one?

Do you feel you have a "job," or a "career"?

Would you stay at a job you disliked just for the benefits?

Would you work overtime or weekends for no additional pay?

What is your ideal job?

Do you plan on changing careers? If so, what's your plan?

How secure do you feel in your job?

Would you accept a job that pays very well but will keep you away from your family on evenings and weekends?

Finances

What was your family's economic level like when you were growing up?
In what way do you see this affecting your life today?

To what degree are you a saver or a spender?

What motivates you to save money?

Does saving money make you feel deprived?

Are you saving for retirement?

How familiar are you with financial investments such as stocks, bonds, 401(k)s, and IRAs?

Do you use credit cards for large purchases such as furniture, appliances, and vacations, or do you plan and save money for them?

Do you often get buyer's remorse or feel that you've paid too much for an item?

Do you purchase clothes or other items that you never end up using?

What do you think about prenuptial agreements?

Daily Routine

Are you a morning person or a night person?

Do you keep a daily routine? If so, what is it?

How will your daily routine change after getting married?

What part of your daily routine do you refuse to change after marriage?

How do you unwind after a long day at work?

What would you do to maintain a healthy “interdependence” after marriage?

How much do you value spending “alone time”?

What would be the hardest adjustment a person would have to make in order to live with you?

Leisure Time

Do you like planning your vacations months or just a few weeks ahead of time?

Do you create a budget for your vacations? If so, do you usually stick to the budget?

Do you prefer to travel on your own, or on a guided tour with others?

Are you a light or a heavy packer?

Do you prefer to take fewer but longer vacations or shorter but more frequent ones?

Do you enjoy long trips by car?

Have you ever had an unpleasant vacation experience? If so, describe.

Emotional Intimacy

How do you express your love for your partner?

How would you like your partner to express his or her love for you?

What makes you feel hurt or rejected by your partner?

What actions make you feel emotionally closer to your partner?

What type of emotional support would you like to get more of from your partner?

Do you feel comfortable expressing your feelings to your partner?

Do you believe expressing emotions makes you appear weak?

How do you feel when your partner corrects you or points out something you've done wrong?

When do you like to be alone?

Do you feel secure in your partner's love when you're separated by distance?

When do you feel most vulnerable?

If something bothered you about your partner, how would you go about expressing it to them?

What makes it easy for you to open up and be vulnerable, and what makes it difficult?

What is there about your partner's life and/or personality that concerns you at this time?

What's your definition of romance?

How would you keep romance alive if you were to marry?

How do you know you're in love with your partner?

What's your favorite thing about our relationship?

What's something you wish we did together more often?

What changed in your life since you met your partner?

What are the questions about your partner you've always wanted to ask but never have?

What is your dream or fantasy of a "perfect marriage"?

Physical Intimacy

If this is your first sexual experience, what are your expectations?

How often do you expect to engage in sexual activity?

How long do you believe your lovemaking should last?

When and where do you prefer to make love?

What are your sexual fantasies?

What's something not obviously sexual that turns you on?

What things turn you off sexually?

What places or situations get you in the mood?

Do you harbor any sexual fears?

What do you think of masturbation?

What do you think of the use of sexual games, toys, or “dirty talk,” to enhance physical intimacy?

How would you feel if your partner turned down your request for sex?
How would you respond?

Are there any actions that you perceive as being perverted or sexually deviant?

How do you feel about displays of affection in public?

What is your favorite part of your body?

What is your favorite part of your partner's body?

Politics

What's your political affiliation?

Do you believe couples should share the same political affiliation?

If you became a political activist, which organization or causes would you support?

Have you ever participated in a demonstration? If so, describe what cause did you support.

What laws or policies do you believe would make the world a better place?

How important do you believe it is to get involved in your community?

Religion and Spirituality

How important is religion to your own life? Will religion only play a part in your life during holidays or special occasions?

What are your own feelings about religion in general?

Do you want your wedding to be a religious ceremony?

Do you and your partner have different religions? If so, what, if any, conflicts could arise?

How would you react if your partner changed religious convictions after your marriage?

Do you believe religion's role is a source of comfort or stress?

Do you have a strong belief in astrology?

Do you think religion is an emotional crutch for some people?

How strongly do you believe in fate and destiny?

Do you believe God has a plan for you to follow? If so, what is it?

Describe your spiritual journey over the past five years, including high and low points.

What do you think are God's purposes for marriage?

Your Wedding

What are your feelings about getting married? Are you excited or are you trying not to think about it?

Do you want to get married before you reach a certain age?

Do you feel uncomfortable making any wedding plans?

Are you getting married because you want to, or because you think you should?

Do you worried that getting married would make you lose your freedom or identity?

How do you feel about commitment?

Are you planning on taking a marriage preparation course or seeking premarital counseling?

How much money would you like to spend on your wedding?

Couples Fun Games



Tasks Jar

The tasks jar involves creating a jar filled with different tasks or challenges that you and your partner can randomly pick whenever you're in the mood for a new activity.

Use the following bingo board and cut tasks or create a board of your own. Fold each piece of paper and put them all into the jar. Take turns pulling tasks from the jar and performing the action.

1-Minute foot massage	Let me choose what we watch next	Sing me something	Kiss my forehead	Write me a short love poem
Make me laugh	Make me a drink	1-Minute back massage	Give me a piggyback ride	Write me a love note and hide it
1-Minute face massage	Carry me bridal-style	Name one reason you love me	Kiss my cheek	You plan the next date

Reading Face

Choose from the list of emotions below and try to express it by making a face at your partner. Write down the scores:

Happy	Afraid	Excited	Disgusted
Annoyed	Sad	Hurt	Relaxed
Exasperated	Disbelieving	Surprised	Radiant
Hopeful	Bored	Frustrated	Confused

Name: _____		Name: _____	
Emotion	Points	Emotion	Points
Afraid	_____	Afraid	_____
Annoyed	_____	Annoyed	_____
Bored	_____	Bored	_____
Confused	_____	Confused	_____
Disbelieving	_____	Disbelieving	_____
Disgusted	_____	Disgusted	_____
Exasperated	_____	Exasperated	_____
Excited	_____	Excited	_____
Frustrated	_____	Frustrated	_____
Happy	_____	Happy	_____
Hopeful	_____	Hopeful	_____
Hurt	_____	Hurt	_____
Radiant	_____	Radiant	_____
Relaxed	_____	Relaxed	_____
Sad	_____	Sad	_____
Surprised	_____	Surprised	_____

Score: _____

Score: _____

Alphabet Brainstorm Challenge

1. Take 26 scraps of paper and write one letter of the alphabet on each piece. Fold up the scraps so that you cannot see the letters from the outside.
2. Create one to two copies of the game cards provided below or write out the corresponding numbers on a sheet of paper to record your answers.
3. Each player takes turns reaching into the jar or bowl and randomly selecting one letter. Using only words that start with the selected letter, players must quickly write down one answer for each category on the game card.

1	A person's name
2	An object
3	Food or fruit or vegetable
4	An animal
5	A country
6	A movie or book
7	Clothes
8	A body part
9	
10	

Decipher Messages

Test your ability to decipher messages on each other's backs.

1. Have your partner sit or stand facing away from you. They can choose to use a sheet of paper or tape it to the wall in front of them to write down the message.
2. Using one finger, write a message on your partner's back, one letter at a time. Aim to write larger letters as they are easier to decipher.
3. Have your partner write down each letter they feel on their back.
3. Switch roles and repeat the activity. Reflect on who was successful in deciphering their partner's message.