



## 76 QUESTIONS TO CONNECT YOU AS A COUPLE

Use the questions slowly, one question and one conversation at a time over many months in any order you choose. This is an exploration and an opportunity to grow more deeply in love as you rediscover one another.

1. What do you remember thinking the first time you saw me?
2. When did you know you were in love with me?
3. What three qualities first attracted you to me?
4. What is your happiest memory from our dating days?
5. What about me still makes you smile?
6. What movie reminds you of our love story?
7. What three things would you want if you were stranded on an island?
8. How (and when) did you first know we'd make it as a couple?
9. What three strengths do we have as a team?
10. What's your favorite memory of me?
11. Did you fall in love with me all at once or over time?
12. How do I make you feel most loved?
13. What's something I do that makes you crazy but you secretly kind of love?
14. What's your favorite sexual memory of us?
15. What could we try to spice up our love life as a couple?
16. What's your favorite non-sexual way of being touched?
17. What was your last daydream of us?
18. What character qualities of yours are you most proud of?
19. What's the greatest lesson your dad (or granddad) taught you?
20. What's the greatest lesson your mom (or grandma) taught you?
21. As a child, did you trust your parents? Why or why not?
22. What was your favorite childhood meal? Do you still like it?
23. Describe your childhood in three words.
24. Who was your childhood best friend? What's your favorite memory?
25. What was the first album you ever bought?
26. What's your all-time favorite song?
27. What songs would be on the soundtrack of your life?
28. What do you remember about your first experience with death?
29. What are the top three items on your Bucket List?
30. Who made you feel most loved, safe, or special as a child?
31. What book or movie impacted you as a teen?
32. Which of our dates was your favorite and why?
33. What was your favorite TV show as a child?

Visit [chronic-joy.org](https://chronic-joy.org) for more resources.



Chronic Joy

34. What would you choose if you could eat only three foods for life?
35. What three countries do you most want to visit?
36. What would you do with the money if you won the lottery?
37. What qualities do you most admire in a man? In a woman?
38. Who is a real-life hero to you? Why?
39. What are you most grateful for?
40. What do you most want to do that you haven't done yet?
41. What's your greatest accomplishment?
42. What did you learn from your greatest failure?
43. If you could travel to any time in history, when would it be and why?
44. What keeps you up at night?
45. Who is your favorite friend or relative? Why?
46. What is a favorite family memory? Why does it stand out?
47. Is there anything you've secretly wanted to ask me?
48. What are you most afraid of?
49. What's the best part of being alive?
50. What's the most challenging part of being an adult?
51. Choose one outfit to wear for the rest of your life. What is it, and why?
52. What has felt most challenging lately? Most hopeful?
53. What family tradition do you most enjoy?
54. What activity do you most enjoy?
55. Where or when are you most at peace?
56. Describe us as a couple in three words.
57. How would you describe your perfect day?
58. Which superhero do you most identify with? Why?
59. What qualities do you appreciate in a friend?
60. If you could study any subject, what would it be?
61. When do you feel most connected to yourself? To me?
62. What's the best compliment you've ever received? Ever given?
63. What is the best part of our relationship?
64. What did your parents or grandparents teach you about love?
65. Who is one of your marriage role models?
66. What are your first thoughts in the morning?
67. How are we similar? How are we different?
68. What's your favorite household chore? Least favorite?
69. What's your favorite way to serve others?
70. If we had a theme song, what would it be?
71. What most moves you?
72. What restores your faith in humanity?
73. What is something recent that you're proud of?
74. What do you want me to understand when you're upset?
75. Who are you striving to become?
76. What would make a perfect date?

[chronic-joy.org/marriage](https://chronic-joy.org/marriage)



Chronic Joy