

25 Questions to Ask Your Wife

Richard Rupp, MFT

Think you know your wife? See how well you can answer these questions about her. Write down your answers first. Then ask your wife each question and check how many of her answers match yours. Get to know her better as you listen and discuss your answers together. Ask her to verbalize more for each question.

1. What is your wife's greatest wish?
2. What is your wife's greatest fear?
3. Who has been your wife's greatest role model?
4. Who does your wife think is the sexiest looking male actor alive today?
5. What is your wife's most important goal in life?
6. What is one thing your wife likes about herself?
7. What does your wife feel is her best physical feature?
8. What physical feature of you does your wife most desire?
9. What does your wife feel is her greatest accomplishment?
10. What was your wife's biggest loss in life?
11. What was your wife's worst childhood experience?
12. What has been the hardest thing for your wife to accept about herself?
13. How did your wife's father affect her self-confidence and self-worth?

14. How did your wife's mother affect her self-confidence and self-worth?
15. What is your wife's idea of a perfect day?
16. What makes your wife feel safe and secure with you?
17. What is one of your wife's greatest values?
18. What is your wife's greatest insecurity?
19. How has your wife's spiritual beliefs made a difference in her life?
20. What is your wife's favorite memory with you?
21. What is your wife's greatest sexual fantasy with you?
22. What makes your wife feel romantic?
23. What kind of low-cost or no-cost date does your wife enjoy most?
24. What is a little thing that you do for her that makes her feel loved?
25. What does your wife need to hear you say to her?