



Building Your Relationship

- Is there anything I can do for you in this moment to help you feel more comfortable or loved?

- How can I better support you in your life?

- Is there anything I have done in the past week that may have unknowingly hurt you?

- When you come home from work, what can I do or say that will make you feel the most loved?

- Is there any kind of physical touch that I can engage in more that helps you to feel loved?

- Do you think you will need more closeness or more alone time over the next couple of days?
- Is there any argument that we had this past week that you feel incomplete about?
- How do you feel about our sex life lately?
- What are the main stressors currently in your life, and is there any way I can alleviate that stress for you, if only a small amount?
- When do you find speaking difficult and how can I best support you through those moments?