



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 where I 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?*

