

100 QUESTIONS TO ASK YOUR PARTNER FOR DEEPER EMOTIONAL CONNECTION AND INTIMACY

1. What is something you secretly love about me?
2. What are three things that you first noticed about me?
3. What helps you feel safe enough to open up fully?
4. What little rituals do you enjoy with me?
5. What comfort do you need most when you're hurting?
6. Tell me about a time when you felt carefree and alive?
7. Tell me about a time when you surprised yourself with your strength?
8. If money and time were no issue, what would you want to try or experience?
9. What makes you feel most open to physical intimacy and affection?
10. What is a childhood dream you still carry?
11. What is the pain in my you wish you could heal the most?
12. What's one mistake you made in the past that taught you something valuable?
13. What do you need most from me during misunderstandings?
14. What's a silly dram you'd like to make real with me?
15. What's one thing that turns you on emotionally, not just physically?
16. Tell me about a way you'd like to grow over the next 5 years?
17. Tell me about a time you laughed so hard that it hurt?
18. What's something you've learned about love through our relationship?
19. What fears do you sometimes carry in our relationship?
20. What is about our relationship that helps comfort or reassure you when you're feeling unsure or afraid?
21. What do you think I most admire about you?
22. What should our theme song be?
23. When you're hurting or in pain, what support or help do you need from me the most?
24. What's a small, daily ritual that makes you feel close to me?
25. When you look at me, who do you see?
26. What's a special moment we've had that no one else knows about?
27. What's a memory we have together that makes you smile when you think about it?
28. What are three things you're grateful for today?
29. When have you felt most alone in your life?
30. What do you need from me when you're feeling alone?
31. How do you need me to respond when you are hurting in silence?
32. What reassurance do you need from me?
33. When have you felt the proudest of who you are?
34. When have you felt the proudest of who I am?
35. How has love influenced the way you see yourself?
36. What is something you appreciate that I do, that you rarely think to acknowledge?
37. What's one gift our love has given you that you never expected?
38. What thoughts help you fall asleep at night?
39. When's a time or moment when you felt deeply cherished by me?
40. What do you wish we did more often in our relationship?
41. How has being with me changed how you love yourself?
42. What is a memory we've had that makes you smile when you think about it?
43. When did you first know you were in love with me?
44. What felt heaviest today? & What do you need because of that heavy?
45. Where do you feel like you have to prove your worth?
46. What do you need from me when you feel pressure?
47. What would your personal theme song be? What do you think mine should be?
48. What do you notice leads to your or my defensiveness?
49. What are three things you miss about me when I'm not around?
50. What is something that made you smile today?
51. What kind of connection do you want right now? Physical? Emotional? Other?
52. What helps you be most open to listen and understand when I need to share hard or heavy things?
53. What acts of service do you appreciate the most?
54. What's a characteristic, trait, or attribute that I've developed that you really appreciate and admire?
55. What is a skill, trait, or attribute that YOU want to develop?
56. What's something you appreciate about the way we communicate?
57. What do you think would help improve our communication?
58. What's one think you'll never forget about the early days of our relationship?
59. How do you like to be reassured? (Actions, Words, Something else?...)
60. What do you hope our love and relationship will inspire in others?
61. What helps you feel more confident as you go about your day?
62. What is the most meaningful, non-verbal way we connect with each other?
63. What non-verbal connection do you need or want right now?
64. How or from what do you wish you could protect me?
65. What have others done for you in your life to help you feel safe?
66. How do you feel when I say, "I love you?"
67. What are you feeling stuck on in life right now?
68. When do you feel most cherished by me?
69. What goals do you have for the next week/month/year?
70. When did you last feel the need to cry and what were you going through?
71. When have you felt the most happy in your life?
72. What part of your past do you wish you could offer more compassion to?
73. What small gestures from me mean the most to you?
74. What wounds are you still learning how to heal?
75. What is an emotional wound you have healed from already?
76. What do you still long for from your younger self?
77. What are you glad to leave behind you from your childhood?
78. What do you think our love shows or teaches you about yourself?
79. How have you observed me mature or grow since we met?
80. What do you hope never changes about our relationship?
81. What is one big or significant change you've noticed about our relationship?
82. How do you want our love to inspire those around us?
83. What relationships outside of ours have inspired the way you love?
84. What moment from your life do you wish I could have been there to share with you?
85. What are three hopes or dreams you have currently?
86. What's one intimate detail you adore about me?
87. What do I say or do that contributes to your confidence growing?
88. How do you like me to show off my attraction for you in public?
89. When do you feel most loved and attractive, physically or otherwise?
90. When you feel disconnected with me, what helps you reconnect?
91. What leads to feeling disconnected with me?
92. What's one part of yourself you're still learning how to love and how can I support you in that?
93. When was the last time you felt deeply seen and what made that moment different?
94. If your heart could speak freely right now, what would it want me to understand?
95. What do you want to better understand about me?
96. If we were to swap lives for a day, what's the first thing you think you'd struggle with?
97. What would you look forward to the most if we swapped lives for the day?
98. What small gestures contribute to you feeling loved by me?
99. What is a need you would like met that is difficult to ask for?
100. What is the unobvious thing you struggle with?