



JOURNAL PROMPTS for couples

- HOW DOES YOUR PARTNER HELP YOU FEEL LOVED?
- WHAT QUALITIES DO YOU ADMIRE, APPRECIATE, AND LOVE MOST ABOUT YOUR PARTNER?
- WHAT SMALL THINGS DOES YOUR PARTNER DO THAT YOU FIND EXTREMELY SATISFYING?
- WRITE ABOUT A TIME YOUR PARTNER SURPRISED YOU. WHAT DID YOU LOVE ABOUT THAT EXPERIENCE?
- WHY DID YOU MARRY/WANT TO MARRY YOUR PARTNER?
- WHAT DOES YOUR PARTNER DO THAT MAKES LIFE EASIER FOR YOU?
- HOW DO YOU FEEL WHEN YOUR PARTNER REFUSES TO TALK ABOUT AN IMPORTANT ISSUE?
- WHAT CAN YOUR PARTNER DO THAT WILL HELP YOU SHARE YOUR FEELINGS?
- HOW DOES IT FEEL WHEN YOU LEAVE THINGS UNRESOLVED?
- WHAT TRAITS INITIALLY DREW YOU TO YOUR PARTNER?
- WRITE A LIST OF YOUR TOP 10 VALUES & DEFINE WHAT THEY MEAN TO YOU. DISCUSS WITH YOUR PARTNER.
- HOW HAS YOUR PARTNER HELPED YOU BECOME A BETTER PERSON?
- IF YOU COULD CHANGE ONE THING IN YOUR RELATIONSHIP, WHAT WOULD IT BE? WHY?
- WHAT KIND OF AFFECTION MAKES YOU FEEL MOST LOVED?
- DISCUSS YOUR SEXUAL EXPECTATIONS. HOW CAN YOU KEEP YOUR SEX LIFE EXCITING AND SATISFYING?
- HOW ARE SEX AND INTIMACY RELATED FOR YOU?
- WHAT DOES NON-SEXUAL TOUCH AND AFFECTION LOOK LIKE TO YOU?
- WHAT DO YOU NEED TO BE ABLE TO FULLY TRUST YOUR PARTNER?
- HOW DO YOU FEEL WHEN AFFECTION IS REFUSED?
- HOW CAN YOU SHOW PATIENCE AND RESPECT FOR YOUR PARTNER WHEN DISCUSSING DIFFICULT ISSUES?
- DISCUSS IDEAS FOR ACTIVITIES OR EXPERIENCES YOU'D LIKE TO EXPLORE TOGETHER.
- WHAT DO YOU DO TOGETHER THAT YOU FIND FUN, ADVENTUROUS, AND EXCITING?
- WHY DO YOU THINK IT IS IMPORTANT TO CONTINUE HAVING FUN TOGETHER?
- WHEN YOU FEEL UNHAPPY OR WITHDRAWN, HOW DOES IT AFFECT YOUR PARTNER?
- WHAT BEHAVIORS THAT YOUR PARTNER EXHIBITS EMBARRASS OR UPSET YOU?
- WHAT TOPICS GENERATE THE MOST CRITICISM OR NEGATIVITY?
- WHAT GOALS DO YOU HAVE FOR YOUR RELATIONSHIP?
- WHAT TYPES OF FINANCIAL DECISIONS CAUSE YOU THE MOST STRESS?
- HOW CAN YOU SHOW YOUR PARTNER HOW MUCH YOU LOVE AND APPRECIATE THEM?
- WHY ARE YOU GRATEFUL FOR YOUR PARTNER?