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Let's Talk! 25 Questions For Couples To Foster Intimacy

“When communication is not good, it's easy to have wrong perceptions. One way to remove these wrong perceptions is to establish a dialogue. We can say, *I want to make sure that I understand what you are saying*. Questioning our perceptions and listening deeply without prejudice or judgment is a very strong practice.”

From [How to Fight](#) by [Thich Nhat Hanh](#)

Directions: Pick a time when you won't be interrupted and a space where you feel safe and comfortable. Ask each other these questions and listen without interrupting. Turn it into a date night! Put on some mood music and lighting if you would like. Most importantly, have fun!

Ground Rules: Practice a compassionate non-judgmental awareness when you are listening. If thoughts and feelings arise that take you away from this conversation, focus your attention back on the speaker. Ground yourself with a breathing practice (slow down your exhale - make the inhale match the exhale) or notice your feet on the floor. Ground yourself. Keep bringing your attention back to this moment.

Warm Up Questions:

- Describe a memory of a fun time we shared together.
- What do you most enjoy about our relationship?
- What do you appreciate the most about me?
- What is a fond memory you have of our wedding day or when we first started dating?
- If we could go back in time, what experience would you want us to repeat together? Is there anything you would change about it?
- What advice would you give yourself 10 years ago? Why?
- What is the best advice you ever got? How have you applied it in your life?

Deeper Questions:

- If you could change one thing about our relationship, what would it be and why?
- What do you enjoy the most about our sex life?
- What is one aspect of our sex life you'd like to improve upon?
- What is a fantasy you have never told me about? (listen without judgment)
 - No pressure to act it out. Just talk about it and see what comes up. Feel free to ask if you need time to think about it.
- What part of my body turns you on the most? Describe it.
- What is something new you'd like us to try in bed together?
- When did you realize that you were in love with me?
- What's the first thing you noticed about me when we met?
- How did you describe me to your family and friends when we met?

Let's dig deeper:

- What do you value most in life & what makes it meaningful?
- What life lessons do you hope to pass on to the next generation?
- How have you grown as a person in the last 10 years?
- What is one thing you can do to help our relationship grow stronger?
- What is one thing I can do to help our relationship grow stronger?
- What is something you learned about me since we got married (or started dating) that surprised you?
- Describe an embarrassing moment in your life & how you handled it.
- Describe something you've achieved that makes you feel proud.
- What's the hardest decision you've ever made? How did it turn out?
What did you learn from that experience?

Afterwards: Journal on what this activity was like for you.

- What difficulties did you experience, if any?
- What was helpful about this exercise?
- What did you learn about yourself?
- What did you learn about your partner?
- What other questions do you want to ask?