

FREE PRINTABLE

50 Questions for *Couples*

Conversations that bring you closer



SPARK

DEPTH

US

FUTURE

GRATITUDE

PLAY

ROOTS

NOW

LOVE

QUESTIONCONNECTION.COM

● SPARK

1

What was the first moment you thought 'this might be something'?

The specific moment, not the general feeling

2

When did you know you were falling for me?

What was happening? Where were you?

3

What's something about me that makes you feel lucky?

The thing that still gets you

4

What's a small thing I do that you find endearing?

The quirks, the habits, the little things

5

What's the best road trip or adventure you've ever taken — before or after we met?

The story usually surprises you

6

What do you believe about life that you didn't used to?

The beliefs that came from experience

7

What's the hardest thing you've ever had to do?

Not looking for drama — looking for what you're made of

8

What's something you've been pretending is fine when it isn't?

The performance of okay

9

What's a fear you've never said out loud?

Saying it sometimes shrinks it

10

When do you feel the least like yourself?

The contexts that diminish you

11

Is there something you've never told me because you worried how I'd react?

This is the space for it

12

What's something you've never forgiven yourself for?

Gently — only share what you're ready to

● U S

13

When do you feel most emotionally close to me?

Not physically — emotionally. What creates closeness for you?

14

When do you feel seen by me?

The specific moments — not just 'always'

15

When do you feel like I don't quite get you?

Honest and useful

16

What's something about us that has gotten better over time?

Name the specific thing, not just 'we've grown'

17

What's something you've learned about yourself from being in this relationship?

Relationships are a mirror

18

Is there something you need that you've been too uncomfortable to ask for?

From me, from life, from yourself

19

What's a way you've seen me grow this past year?

Say it — people don't hear this enough

20

What do you think our relationship does really well?

Name it out loud

● FUTURE

21

If money and logistics weren't a factor, what would your life look like in 10 years?

The real version, not the hedged one

22

Is there something you've always imagined yourself doing that you've never pursued?

Career, creative, personal — what is it?

23

Where do you want to live eventually? Does the place matter to you?

Some people need a specific city. Others just need roots.

24

What kind of day do you want most days to feel like?

Not the vacation — the Tuesday

25

What's something you want us to experience together that we haven't yet?

Put it on the list

26

What's something about me that you're grateful for that you haven't said recently?

Say it now

27

What's something that happened this week that you're glad happened?

Start small — it doesn't have to be significant

28

What's a challenge you've been through that you're actually glad you had?

The hard things with good returns

29

What's something about your life right now that you didn't have five years ago?

Including things you couldn't have predicted

30

What's a way our relationship has made you a better person?

Be specific

● PLAY

31

If we could drive anywhere right now with no plans, where would you point the car?

Reveals what kind of escape you're craving

32

What's a song you'd secretly love to blast on a long highway stretch?

Prepare to judge or be judged

33

What would your perfect Saturday look like from start to finish?

Details matter — coffee first?

34

What's something we used to do together that you miss?

Bring it back

35

If we could have dinner with any couple — real or fictional — who would you pick?

And what would you ask them?

● ROOTS

36

What's something about how you were raised that you want to keep?

And what do you want to do differently?

37

What did love look like in your house growing up?

Not what you were told — what you saw

38

What's a memory from your childhood that still makes you smile?

The small ones often matter most

39

Is there something from your past you're still carrying that I should understand?

You don't have to share it all — just what you're ready to

40

What values from your family do you most want us to build our life around?

The ones worth keeping

● NOW

41

What's something you're looking forward to in the next few months?

Big or small

42

What's something on your mind lately that you haven't found the right time to bring up?

This is the time

43

What would make this season of life feel more like enough?

Not more — just more like enough

44

What's something you've been wanting to try or explore lately?

Anything — a hobby, a place, an idea

45

What's one thing you wish we did more of?

No wrong answers

● LOVE

46

What does feeling loved by me actually look like, on a good day?

Describe the real thing

47

What's something you hope never changes about us?

The things worth protecting

48

What's a moment from our relationship that you'll remember forever?

The one that comes to mind first

49

What's something you want to make sure I always know about how you feel?

Say it like you mean it

50

What's the thing you love most about our life together right now?

Just this — right now