

“The Answer” for Couples

1. What is your favorite thing to do when you have a free day?
2. What do you most dread?
3. What is your favorite memory from early in your relationship?
4. What did you most like about your partner when you first met?
5. What are you most frustrated by in life now?
6. What makes you happy?
7. What does your partner do that drives you crazy?
8. What is easy for you to do?
9. What do you do if someone tells you no?
10. How do you get your way?
11. What is your favorite childhood memory?
12. What do you most admire about your caregivers?
13. What was frustrating about your caregivers?
14. What is difficult of you to do?
15. What was your favorite childhood activity?
16. When you are upset, how can people tell?
17. When you need to re-charge, what helps?
18. If there is an emergency, what are you likely to do?
19. What makes you feel proud?
20. How do you handle extreme pressure?
21. What are you really good at doing?
22. Does lots of connection make you feel better or worse?
23. What is your first instinct when something bad happens?

