

Sacred Relationships

The 5 Keys to a Great Loving Partnership

94 Questions to Ask your Life Mate

Sam and Julie developed **94 Questions to Ask your Life Mate** to help committed couples (both new and established) learn about each other, and to encourage discussion about important facets of our lives and relationships. *Honest and open communication is vital* to the long term success of relationships. It is a **skill that can be learned and should be practiced. These questions help build that skill and nurture your relationship.**

Some of the questions are fun and light-hearted, while others are deeper and require more thought. The list of questions isn't meant to be answered completely, or in order, at one sitting; *feel free to jump around or skip over those that don't speak to you. Use a question to spark a longer conversation*, and take the time you need to fully explore the subject. The key is to give your partner a safe place to be heard by the most important person in his/her life; *active listening is a key component to communication* and will increase intimacy in your partnership. The questions are categorized based on **Self**, your **Relationship**, and the **five core dimensions** that make up your personal universe, as defined by Drs. Tomi Bryan and Jerry White, authors of the international best seller, *The 5 Keys to the Great Life*.

For articles, workshops, ideas and resources to boost your sacred relationship, please visit our website at www.SacredRelationships.us

SELF

Current

1. Who is the person you admire most and why?
2. What are your optimum hours of sleep? Are you a light or heavy sleeper? Are you a morning person or night person?
3. Are you currently comfortable with your body? If not, what would you change to make you comfortable?
4. What feeling do you have the most difficulty expressing?
5. What animals do you like? Not like? What is your opinion on indoor pets?
6. On which topics do you feel qualified to give advice?
7. What makes you feel secure and safe?
8. About what things are you most selfish?
9. Which do you think should have the final say in decisions - logic or emotions? Why?
10. What do you fear? How does that fear keep you from doing things you would like to do? Is there anything I can do to help with this?
11. If someone wanted to give you a \$50 gift certificate to use on yourself, where would you want it? (Favorite Restaurant? Spa? Bookstore? Etc)
12. Which things in life give you maximum joy?
13. What attribute would you like me to help you develop in yourself?

14. When do you feel most loved?
15. When you are sick or feeling bad, do you like to be alone or do you like to be pampered / have someone close to your side most of the time?
16. Do you see things as black and white? Or do you see shades of gray? Does this change depending on the subject?
17. How do you handle anger? When do you get angry? During an argument would you rather talk it out now or do you need a 'cooling off' period?
18. If you were really in trouble, to whom would you go for advice?

Past

19. What is the kindest thing anyone ever did for you?
20. Is there anything about your past that I don't know, but should be aware of? Is there something that you're hesitant to tell anyone about your past?
21. What was the best part of your childhood? The worst?
22. Were you ever sexually, emotionally, or verbally mistreated? If so, how can I support you with your healing process?
23. What five things have you done in your life that you are most proud of?
24. Over the last five years how do you think you have changed for the better? The worse?

Future

25. What do you want to be remembered for?
26. What are your ambitions in your life?
27. If you had one day to live, what would you do?
28. Is there anything you feel you must accomplish before you die? What steps do you need to take to achieve these goals? How can I help support you?

RELATIONSHIP

29. Tell me when you first knew you loved me?
30. Describe your perfect dream date.
31. How do you describe me to other people?
32. How do you think I see you?
33. How are you and I different? How could these differences be strengths in our relationship? How might they become a challenge?
34. If you could press a button and change our relationship, how would it change?
35. What achievement in my life would bring the greatest joy to your heart?
36. What attribute or practice would you like me to develop or improve?
37. Do you feel I truly listen to you and fairly consider your ideas and concerns?
38. Are we both willing to work on our communication skills and to share honestly and intimately with each other?
39. Do you need to hear "I love you" or similar words on a frequent basis from me? Do you prefer verbal reassurances of love or acts that show you're loved (or a combination of both)?
40. What could I do to make you feel absolutely secure?
41. What could I do to assure you that I hear and understand your heart?
42. What is the best way for me to encourage you?

43. Do you think you would prefer a calm, loving, consistent marriage or one that was full of excitement, wild times and occasional rocky patches?
44. What first attracted you to me? How has that one attraction changed since then?

Daily Life Together

45. How are you and I different in terms of cleanliness and/or organization? (messy, neat, packrat)
46. In what ways are you comfortable communicating love and appreciation to me?
In what ways are you comfortable receiving love and appreciation from me?
47. What goals would you like us to accomplish in our relationship in the next year?
... five years? ... ten years?
48. What is one thing that I do that makes you crazy?
49. Are you willing to replace the toilet tissue roll? ☺ How should we divide the household chores? Bills? Decisions?
50. Describe the feeling you want to have when you enter our home.
51. What rooms in your home are particularly important to you?

Intimacy

52. With so many marriages falling apart around us today, what steps can you and I take to ensure that we stay close as a couple, emotionally and spiritually?
53. What routines could be added to our relationship on a daily, weekly, monthly and yearly basis that would help us to remain close?
54. Do you enjoy public displays of affection?
55. What is your definition of intimacy?
56. Are there books on the subject of sex that you would like to explore together?
57. What are your expectations of our sexual relationship?
58. How often do you believe it is normal to want sex?
59. If I don't say so, how do you know that I want to make love? How will I know that you want to make love?
60. Are you comfortable discussing your sexual likes and dislikes? How open are you to trying new things sexually?
61. What are the differences between love, romance, sex and sensuality? What do these words mean to you?
62. Will there be a television in the bedroom?

FAMILY

63. What are your favorite family traditions?
64. How emotionally close are you to your family? Are you comfortable with this?
How involved do you expect your family to be in our day-to-day lives?
65. Describe your parents' marriage. What were the best parts and the worst parts in your opinion?
66. Is your family an affectionate one?
67. What values do you want to bring from your family into our marriage? How about ones that you'd rather avoid?
68. Do we have the same expectations for our core family? (Children?, pets?, etc)

FINANCE

69. Are you content with your current job? If not, why? How can I best support you in your career?
70. What is your idea for a dream career?
71. If someone gave you enough money to start a business of your own, what kind of business would you like to have?
72. If one of us were to be offered a career opportunity in a location far from the other's family, are we prepared to move?
73. What charities are most important to you and why?
74. If you won the lottery and money were no object, what would you like to accomplish?
75. What role does money play in your life? What purpose do you see it serving? (Stability? Status? Freedom? Etc)

FRIENDS/COMMUNITY

76. What kind of community do you envision yourself in?
77. What can we do as a couple to change the world in which we live?
78. With whom do we socialize as a couple? Do you feel we have enough mutual friends? Do you enjoy socializing with other couples?
79. Do we like and respect each other's friends?
80. How often do you need to spend time with your friends (apart from me)? Are you comfortable with the amount of time I spend time with my friends?

FUN

81. What kind of hobbies did you have as a child?
82. What are your expectations about how we will spend our free time?
83. Do you need or want time alone?
84. How will we make sure we have quality time together?
85. If you could plan any vacation for us, where would it be? How about a weekend getaway?
86. What one skill do you wish you had learned but haven't yet? (Play the piano? Learn a foreign language? Fly a plane? Etc.)
87. If you could possess any extraordinary talent in one of the arts, what would you choose?
88. Which holiday do you enjoy the most? Why that one?

FAITH

89. Whom do you need to forgive?
90. Do you believe in karma? Soul mates? Destiny?
91. Can you tell me what makes up your belief systems?
92. Does religion/spirituality play an important part in your life? How active are you in your spiritual/religious practice?
93. How important do you believe faith/spirituality/religion is in a couple's relationship?
94. What do we as a couple want out of life?