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Relationship Reflection Questions

Overall notes:

- It's okay to say "I need some time to think about that"
- No pressure to get through all these
- Can pick 1 question per dinner or something light
- The goal isn't to have perfect answers or to solve everything. It's about creating space for honest sharing and understanding each other better.

Day 1 - Celebration & Reflection

Keep it light, positive, and focused on appreciation. This sets a warm foundation for deeper talks later. Consider these three simple prompts:

- "Let's each share our top 3 favorite moments from this past year together"
- "What's something about our relationship that makes you particularly proud or happy?"
- "What's a small thing about us/each other that always makes you smile?"

Have this conversation over dinner or another relaxed setting. No need to rush - let the stories and memories flow naturally.

Day 2 - Looking Deeper

- What makes you feel most loved in our relationship?
- How can we feel more emotionally connected?
- What do you appreciate most about me?

Day 3 - Future

End with forward-looking conversations that focus on growth and possibilities:

- What are your hopes for our future together?
- How can we support each other to become the best versions of ourselves?

- What's one tradition or practice you'd like to start together?

Top Ideas:

- What's the most or just memorable moment we've shared together and why was it so special to you?
- What do you appreciate most about me?
- What makes you feel most loved in our relationship?
- How can we feel more emotionally connected?
- What sets this relationship apart from your past relationships?
- How can we support each other to become the best versions of ourselves?
- What can make you feel more valued in our relationship?
- How can we ensure that we're always honest and open with each other?
- What are your hopes for our future together?
- What do you miss most about me when we're not together?

Others:

- How do you think we can best resolve conflicts when they arise?
- What's your biggest fear about our relationship?
- Are there past experiences that still affect how you view our relationship now?
- How can we listen and understand each other better without becoming defensive?
- What can we do to reduce our egos in this relationship?
- Is there something about me that you hope I can change or improve for our relationship's sake?
- How can we create more positive moments together?
- What does commitment mean to you in our relationship?
- Is there something from your past that you'd like to talk about more with me?
- What makes you feel the most secure in our relationship?
- What worries you the most about our relationship?
- How do you show your love and affection?
- How do you respond when you feel unappreciated or ignored?

- What's the toughest moment we've faced as a couple and how did you handle it?
- What do you think is the most important thing you need to work on for this relationship?
- How do you define loyalty in a relationship?
- How do you typically deal with conflicts in a relationship?
- Is there something from your past that still affects how you approach our relationship now?
- How do you see your role in supporting me?
- What's most important to you in maintaining healthy communication in our relationship?
- How do you show appreciation to me?
- How do you handle uncertainty in our relationship?
- What's the biggest lesson you've learned from being with me?
- How do you ensure that you don't bring past issues into our relationship?
- What do you think can strengthen our relationship in the future?
- What do you appreciate the most about our relationship?
- How do you cope with jealousy in our relationship?
- What can make you feel more loved and appreciated?
- What's your favorite tiny detail about our relationship that might surprise me?
- What habit or gesture of mine always makes you smile?
- What's one adventure or experience you'd love us to share in the coming year?
- How has your definition of love changed since we've been together?
- What's something you've learned about yourself through our relationship?
- What's a small way I could make your day better more often?
- If we could perfect one aspect of our relationship, what would you choose?
- What tradition would you like to start together?
- What's something you've always wanted to try together but haven't mentioned yet?
- When do you feel closest to me?