

Increase Emotional Intimacy

Take turns asking each other the following questions:

1. Do you remember the first time we met?
2. What was the first thing you noticed about me?
3. What was it about me that you fell in love with?
4. When did you know you had fallen in love with me?
5. Do you remember who said, "I love you" first?
6. When do you feel closest to me?
7. Do I show you often enough that I still love you?
8. What can we do to make our relationship feel new and exciting?
9. Do you think I make spending time with you a priority?
10. Do I show enough interest in your activities?
11. Do I treat you with enough respect and consideration?
12. Are you able to share you likes, dislikes, hopes and dreams with me?
13. Do I act like I value what you bring to my life?
14. Am I affectionate enough with you?
15. When was the last time I made you feel cared for?

16. Does it feel safe to be vulnerable with me?
17. Do you feel I love and accept you unconditionally?
18. Do you feel accepted by me more than you feel disapproved of?
19. Is it easy to approach me about my weaknesses or things I do wrong?
20. Was it acceptable to experience feelings as a child? If not, which ones were acceptable and which were not?
21. Do you feel embarrassed to have or share any feelings?
22. What do need most from me when you feel upset?
23. Do you think that I share my feelings enough?
24. How comfortable are you being emotionally intimate with me?
25. Do you feel like I miss you when we are apart?
26. Do I ever make you feel guilty for spending time alone or with your friends?
27. Do you think I am affectionate and make our sexual life enough of a priority?
28. Do you make decisions based on facts or emotion?
29. When you are upset do you make a plan to fix things on your own or do you need to talk to someone?

30. When something happens that I don't like do you think I get upset easily or can I let it go?
31. What do you value most at this point in your life?
32. Do you think that your values have changed as you have grown older?
33. Do you think we have similar values?
34. Do you feel that I respect your values?
35. When we are arguing do I ever change the subject or make a joke when you are speaking?
36. When we are arguing do you ever feel that I am thinking about what I am going to say next instead of really listening?
37. Do I ever jump in and give you advice while you are speaking?
38. Do you ever feel like I'm judging you while you speak?
39. When we have a conflict do you ever find me disrespectful?
40. Have I ever made you feel stupid, worthless or disapproved of?
41. When we have conflict, would you say that I am able to stay calm or that I escalate easily?
42. Are you able to express a complaint or make a request without my getting upset?

43. Do you think that we generally resolve things well?
44. Do you think that having a conflict has ever helped us make positive changes in our relationship?
45. Is there anything I can do to make our conflicts less difficult?
46. Do I ever deny there is a problem by acting like nothing happened?
47. Do you think that we have a healthy sexual life?
48. Do you feel comfortable talking to me about sex? Is there anything I could do to make it more comfortable?
49. Is there anything you would like to do differently in our sexual life?
50. Do you trust me when we are apart?
51. Do you trust me with our finances?
52. Are you comfortable with my having friends of the opposite sex?
53. Do you see apologizing as acting weak?
54. Do you think I am a forgiving person?
55. Is there anything that you feel I haven't forgiven you for?

