

Relationship Journal Prompts

1. What does love mean to you?

2. What is rewarding about love?

3. Do you believe in love at first sight?

4. Do you believe in having a soulmate?

5. What does being in a relationship mean to you?

6. What does a healthy relationship looks like to you?

7. What are your strengths in relationships (kindness, active listening, compassion, empathy, etc.)?

8. Are you a forgiving person?

9. What do you value most in relationships (trust, vulnerability, emotional availability, respect, sense of humor, etc.)?

10. How has your childhood impacted your future relationships?

11. What are your expectations about relationships?

12. What scares you about relationships?

13. What is challenging for you about developing close relationships?

14. What are you grateful for about your relationship?

15. What makes you feel loved?

16. What qualities do you value most in potential partners?

17. What important lessons have you learned from previous relationships?

18. Who do you feel safe with most? Why?

19. How do you show compassion to others? Do you extend the same compassion to yourself?

20. What boundaries could you set in your relationships to protect your own well-being?

21. How can you better support your loved ones?

22. Is it easy or hard for you to ask for help and support when you need it?

23. Is your current relationship working? What do you wish was different?

24. What is something you can do today to make your relationship better?

25. List 5 ways to say “I love you” without using words.

Reflecting On Your Relationship

1. How do you usually feel in the presence of your partner?

2. How connected have you felt to your partner lately?

3. Are there any behaviors you would like to improve in yourself for the benefit of the relationship?

4. Are there any problematic patterns in your relationship? How do you engage in them?

5. When do you feel most loved by your partner?

6. How have you expressed your love toward them lately?

Building Trust

1. Thinking about your relationship history, has trust been compromised in some way? If so, how?

2. Does the rupture in trust trigger emotions from earlier life experiences? If so, what?

3. What do you need your partner to understand for you to move forward?

4. Think about moments that put you on guard and made it difficult to trust your partner. Describe one incident here:

5. What emotions did you experience at the time?

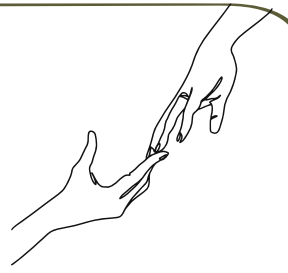
6. What emotions come up right now as you think about it?

7. Have you had the chance to talk to your partner about how painful or difficult this situation was for you?

8. What have you done to try to heal this rupture?

9. What does your partner do that helps you feel safe?

Couples Check-in Questions



1. What is on your mind lately?
2. Is there something you are struggling with at the moment?
3. Has there been anything that has been annoying you about us/me lately?
4. Are you happy with the distribution of responsibilities/chores?
5. Do you feel supported in general?
6. When have you felt most loved by me lately?
7. What can I do regularly so you feel loved and cared for?
8. What helps you feel better when you're having a bad day?
9. What have we done together in the past that you enjoyed and would like us to do more of?
10. What's your favorite thing about our relationship?
11. Are there any behaviors you would like to improve in yourself for the benefit of the relationship?
12. Are there any problematic patterns in our relationship?
13. What's something you'd like us to work on or improve?
14. Do we have enough quality time together?
15. What's our communication like lately? Are there any aspects of our communication that could be improved?
16. Is there anything you miss in our relationship right now?
17. Is there anything I can do to make your life easier?
18. Is there something you feel I've been taking for granted lately?
19. Are you satisfied with our sexual relationship?
20. How healthy do you feel our relationship is?
21. Do you feel safe enough to be vulnerable with me?