

Couples Therapy Questions

1. What first attracted you to each other, and how has that attraction evolved over time?
2. In what ways do you each feel loved and supported in the relationship?
3. How do you handle disagreements and conflicts, and what strategies have been successful for resolving them?
4. What are your individual and shared goals for the future, and how do they align?
5. How do you express love and affection toward one another?
6. How do you each cope with stress, and how does it impact your relationship?
7. What do you admire most about your partner, and how do you communicate your appreciation to one another?
8. How do you nurture emotional intimacy and connection in your relationship?
9. How do you share responsibilities and make decisions as a couple?
10. How do you handle differences in your religious or spiritual beliefs, and how do they impact your relationship?
11. What are your expectations for emotional support from each other, and how do you meet these needs?
12. What are your individual love languages, and how do you ensure they are being met in the relationship?

13. How do you navigate trust and honesty in your relationship?
14. How do you approach financial management and planning for the future as a couple?
15. What are your communication patterns during challenging times, and how do you support each other through difficult situations?
16. How do you handle external stressors and outside influences on your relationship?
17. How do you celebrate each other's successes and milestones?
18. What are your strategies for maintaining a healthy balance between independence and togetherness?
19. How do you handle apologies, forgiveness, and rebuilding trust after conflicts?
20. How do you maintain a fulfilling and satisfying sexual relationship?
21. What fears and insecurities do each of you bring to the relationship, and how do you support each other through them?
22. How do you show empathy and understanding towards each other's experiences and perspectives?
23. What are your thoughts on maintaining emotional safety and security within the relationship?
24. How do you prioritize quality time together in your busy lives?
25. How do you manage jealousy and insecurities in the relationship?
26. What are your parenting styles, and how do you navigate them as a couple?

27. How do you express gratitude and appreciation towards each other?
28. What are your strategies for dealing with change and uncertainty?
29. How do you handle emotional comfort and support during challenging times?
30. What are your individual and shared values, and how do they shape your relationship?
31. How do you handle external family dynamics and work-related challenges affecting the relationship?
32. What are your thoughts on setting and achieving common goals together?
33. How do you navigate boundaries and respect each other's personal space?
34. What are your strategies for tackling issues related to career aspirations and work-life balance?
35. How do you handle disagreements and differences of opinion respectfully?
36. What role does humor and lightheartedness play in your relationship?
37. In what ways do you support each other's personal growth and development?
38. How do you acknowledge and appreciate each other's efforts and contributions to the relationship?
39. What are your thoughts on seeking professional help if needed to strengthen the relationship?

40. How do you navigate the division of household responsibilities and tasks?
41. How do you maintain a sense of novelty and excitement in your relationship?
42. What are your strategies for maintaining open and honest communication?
43. How do you navigate the impact of technology and social media on your relationship?
44. What are your expectations for emotional and physical intimacy in the relationship?
45. How do you show appreciation and admiration for each other regularly?
46. What are your thoughts on maintaining a strong emotional connection and bond?
47. How do you approach decision-making and problem-solving as a couple?
48. What are your strategies for managing and resolving conflicts effectively?
49. How do you create opportunities for shared experiences and creating lasting memories?
50. How can you continue to deepen your understanding and connection with each other?