

Ours

30 questions to build emotional intimacy with your partner



If you struggle with building emotional intimacy in your relationship, ask these questions to deepen your emotional connection.

- 1 How have you really been doing lately?
- 2 What's your favorite memory of us?
- 3 What are your hopes for the future?
- 4 What have you learned from our time together?
- 5 Who was your best friend growing up?
- 6 How do you think we've evolved as a couple?
- 7 Where's one place that you've always wanted to travel to?
- 8 How often do you reflect on the past?
- 9 What's your all-time favorite song?
- 10 What makes you feel confident?
- 11 Is there anything you'd change about your day-to-day routine?
- 12 Is there anything we used to do that you miss us doing together?
- 13 What's your dream job?
- 14 What's the best gift that I've given you?
- 15 What's the best life lesson you've learned?

- 16 What's your biggest fear?
- 17 Do you feel comfortable talking to me when you're worried or upset?
- 18 What's something I've done that made you feel proud of me?
- 19 What's something important you've learned about yourself?
- 20 Are there any songs that remind you of me?
- 21 What does your ideal perfect day look like?
- 22 What does family mean to you?
- 23 How have your values changed over time?
- 24 What makes you feel loved?
- 25 What makes you feel appreciated?
- 26 What memory makes you smile?
- 27 What's the best advice you've received?
- 28 What social causes do you care about the most?
- 29 If you could meet anyone, dead or alive, who would it be and why?
- 30 What's the last thing you did to treat yourself?