



Think of a current challenge in your life. Give three examples of a positive outcome.



Tell something positive that is not known about you? A strength, a past accomplishment, a way that you help others

What good news have you heard lately?



What are you looking forward to?

How has travel enriched your life?

Where would you like to visit?



Can you think of a limiting belief you have? If so, where did this belief come from?

What was your biggest worry five years ago?

Do you remember when you last gossiped or talked poorly about someone? What happened then?



What are you good at?



What advantages or good fortune have you had in life?

What promising prospects or opportunities lay ahead of you?



What is something in your life that you could eliminate to make space for something more fulfilling?

What about change is scary? What about change is exciting?

What past success or achievement are you proud of?



What is one of your greatest strengths?

In which areas of your life do you allow fear to hold you back from something you would like to be, do, or have?

What do you think about intuition or “gut instinct”?



What do you do when things don't go how you'd hoped?



What could go well the next year?

What great thing would you attempt if you knew you could not fail?



Are your goals based on actions, or results? Tell me more.

How often do you try new and uncomfortable things?

If you had to visit a country of your choice tomorrow, and for any amount of time you choose, where would you go?



What is something you'd like to practice, learn, create, or pursue, but you feel you don't have the time?

What could be improved about your living situation?

What are three things you own or have access to that you sometimes take for granted?



If you had all the money you could ever want, what would you buy for yourself?



What is an item or items that you rarely or never use, that could be useful to someone else?

Can you think of a physical task you've been procrastinating?



What are obligations that you need to free yourself from?

What's one of the most amazing or beautiful things you've ever seen?


What's one of the most amazing physical sensations you've ever felt?




Think of a time you were excited to receive or acquire a physical object. What did it mean to you?

When was the last time you created something?

What is one thing or experience you would like to have?



What natural feature(s) in your surroundings do you enjoy?



In which situations do you buy things to impress other people?


What are things that you rarely use?



What kind of art do you enjoy creating?

What is a current reality in your life that was once just a dream or goal?

Can you remember a time when you were amazed by a new technology?



Do you ask for what you really want?
When? What makes it easy, what makes it hard?

What is something amazing that your body is automatically doing?

What are a few amazing abilities that your body and mind have, that you don't often think about?



What is your strategy for dealing with stress?



Do you get enough quiet or alone time?

What drains your energy and enthusiasm or causes you stress?



Who drains your energy and enthusiasm or causes you stress?

If you could magically have one new skill or ability this instant, what would you choose?

How often do you take time to just go for a walk?




Is there something you could do for your body? What?

How important to you is playing and fun?

What type of physical activity is fun for you?



What went well today?



What is beautiful that you can see right now and hadn't really noticed?

What work or accomplishment has been particularly meaningful or fulfilling for you?



Do you have a "bucket list" of things you want to do in your lifetime?

How do you relax and quiet your mind?


Which values, or virtues are important to you?



What does compassion mean to you?

How do you feel when you see others succeed?

What gives you hope?




What is one way the world is better with you in it?



What are you grateful for?

Who are your role models?



Who was one of your heroes while growing up?

Are you a good listener?
How?


Who are you grateful to and why?



Who do you admire?

How often do you smile at people you don't know?

When you're talking with others, when do you need to be right?




Do you remember a time during your childhood when an adult did something kind for you?



How do you feel about failure and mistakes?


What's a challenge you're facing, or something you'd like to change in your life?



Do you sometimes catch yourself judging others, or gossiping behind their back? Tell me more?

How can you add value to others' lives?

How can you "make someone's day" in the next week?



What is one important thing you learned from your parents?

Do you have something you borrowed that you were supposed to return already? Why haven't you?

Have you made a promise or agreement that you haven't fulfilled? Why?



Is there someone who deserves a thank you note from you?



Do you owe anyone an apology?

What is one nice thing you can do for yourself within the next 24 hours?



When you make a mistake, slip and fall, or say something embarrassing that makes others laugh, are you able to laugh at yourself as well?

Would you like to be around new people, meet new friends, or a romantic partner? Explain?

What makes a great friend?



Think of a family, other than your own, that is a great example of what a family can be.

How concerned are you with others' opinions of you?

Is there someone important to you, who you haven't talked with lately?



How are your relationships with your neighbours?

Is there someone you want to spend more time with?

Can you think of a challenge you experienced that taught you a valuable lesson?



During a difficult time, when and how are you able to see the opportunity to grow stronger and wiser?





How do you react if you don't get enough human interaction?



In which areas are you a good partner? Why?

How would you tell your partner your needs are not met?



What are recurring topics in your disagreements?

What is hard for you to give in your relationship?

Are symbols, like for example weddings rings important? Why?



Are there times where it's okay to give a white lie in a relationship?

Are you relaxed regarding kissing and hugging in public?

When was the last time your partner made you feel loved?



When do you press your partner to do something, They doesn't want to do?



How would you react if your partner had to work in China for 3 years?

Do you believe in love at first sight? Tell me more?



What would you like to get from your partner when you're burnt out?

What is more important to you: deep conversation or action? Why?

What were your 3 biggest mistakes as a partner in the past?



Which situations in our relationship make you feel like a failure?

What is hard to say to your partner? Why?

What is more important for a good life: culture or spirituality? Why?



When do you try to avoid physical contact in our relationship?



Have you ever been envious of another couple's happiness?

When do you feel on top in our relationship?



What is infidelity to you?

Have there been times in your life, when you let yourself down to satisfy a partner?

How can your partner make you laugh?



What are the advantages of not living together?

Are you more dependent of your partner or is your partner more dependent of you?

Thinking back, what should you apologise for in your relationships?



When should you
prioritize our
relationship more?



What are your
partner's favourite
foods?


Which type of gifts
makes you most
happy?



Where do you prefer
your partner touches
you?

What would you have
liked to learn about
love from your father?

What must be
avoided if you shall
not lose interest in
your partner?



Is it important to be
emotionally
connected during sex?

What do you wish
more of in our
relationship?

What is the best part
of your partner?



Do you feel your partner understands your feelings?



What could you be better to give in our relationship?

What do you love the most about your partner?



Which body part do you like the most on your partner?

Do you sometimes feel a need for more freedom?

When do you think, your partner needs time alone?



Would you like your partner to take more initiative to sex?

What do you think made your partner fall in love with you?

When do you make your partner angry?



What would you like your partner to appreciate about you?



How do you invest time in our relationship?

How do you react if there's too little eroticism in your relationships?



In what situation would you ever hit a partner?

Do you generally experience your partner as present?

Do you ever get anxiety with your partner?



How do you know your partner is angry?

Do you find it easy to say "no" to your partner?

Would you be okay with your partner watching porn?



What is most important in a good relationship?



What has affected you most the past year in our relationship?

What do you believe about unconditional love?



Do you believe your partner and you are more satisfied than most?

When do you have trouble to keep a clear mind in our relationship?

When did you feel most loved as a child?



Do you find it easy to trust strangers?

Are there situations in your relationship when you feel less worthy than your partner?

How could you feel closer to your partner right now?



How do you show you need more intimacy?



Are there some areas where you will never be able to satisfy your partner?

How can sex scare you?



In your relationship, are you being more friends or more lovers to each other?

If all your ex's discussed you, what would they agree on?

If you are feeling sad, what do you want from your partner?



What have you learned from our relationship?

Have you ever let your partner down?

When are you the happiest in our relationship?



When is it hard to receive criticism from your partner?



What new thing would you like to do with your partner?

When does your partner make you feel unsafe?



What are the advantages of arguing about things instead of talking calmly about them?

Do you prioritize sex and erotic enough?

What concerns you most in our relationship right now?



What is the best way to handle your conflicts in your relationship?

When do you feel appreciated by your partner?

Where on the body would you like to be bitten by your partner?



How would a perfect romantic day look like?



How do you express your anger constructively in our relationship?

How do you prefer to vacation with your partner?



Can you give love, without getting love in return?

What is most difficult to ask your partner for?

Are you satisfied with the distribution of practical stuff in our relationship?




How do you show to your partner that you are hurt?

What is more important to you, relationship or career?

Who is the dreamer and who is the realist in your relationship?




Do we kiss enough?



Who in our relationship needs emotional connection most?

Are you ambitious regarding love and relationships?



What is the biggest emotional difference between single life and relationships?

Does your partner do enough for their appearance?

What is more important: trust or sex? Why?



When do you feel rejected by your partner?

How can you give your partner confidence?

In which situations do you feel closely connected to your partner?



What do you wish you had learned about love from your mother?



Is it important to you to be in contact with your partner every day?

