

Conversation Starters for Deeper Communication

Questions to Ask Your Spouse Weekly:

- How are you feeling emotionally
- How are things going between you and me?
- What is one thing that God has been teaching you lately?
- How are you handling things at your workplace this week?

Questions to Ask at the End of Each Date Night: (Pick one)

- What was your favorite part of the evening?
- What is one thing you learned about me tonight that you didn't know before?
- What is one way I can let you know I cherish you during the coming week?
- What are some ways I can support you this coming week?
- How can I encourage you as you face upcoming challenges this week?
- What do you dread during the week that I can help you face?
- What are some practical steps we can take to stay current with each other?
- What are some of the little things I did for you on our date that you appreciated?
- Over the course of this week, how did I demonstrate my love for you?
- What are some ways I can more effectively communicate that I love you?

General Questions:

- What things do I do that communicate tenderness towards you?
- Especially after long, tough days, how can we make a concerted effort to reconnect and show tenderness and empathy?
- What are some ways we can keep a spirit of discovery and adventure in our marriage?
- Is there any dreams that you set aside when we got married that you'd like to consider pursuing now? If so, how can I support you in achieving those dreams?
- How do you envision our future together?
- What goals do you have for our marriage in the years to come?
- What aspects of our marriage do you want to enhance together on the road ahead?
- What's the most romantic thing I have ever done for you?
- What's your version of our love story?
- Where would you consider our special place to be? Why is it meaningful to you?
- Out of all the date nights we've experienced together thus far, which one has been your favorite? Why?

- How can we continue to make dating a priority in our marriage over the months and years ahead?
- What is the best gift I've given you and why is it so special?
- In what ways do you feel blessed in our marriage?
- What 3 things have you done in our marriage that you're most proud of?
- Over the past 5 years, how do you think you've grown as a person?
- Is there a particular church service or ceremony that we've attended that was meaningful to you? Why?
- What was your favorite vacation that we've taken together and why?
- What has been your favorite house or place we've lived and why?
- How can I pray for you?
- How can we continue to help each other grow spiritually on a regular basis?
- What makes you laugh?
- What are some ways I can show you I'm interested in you and want to know you better?
- How can I support you with your fitness goals this week?
- How can we work to forge stronger bonds of friendship in our marriage?
- How did you feel about the last service project we completed together?
- What are some of your favorite birthday memories from childhood? What makes them so special?
- What feelings do you have when you consider having birthdays and getting older?
- How can I make sure that birthdays for you are uplifting and fulfilling?
- What was going through your mind on our first date?
- Were you nervous before our first date?
- When did you know I was "the one" you wanted to marry?
- What are some of your impressions of the day we got engaged?
- Do you remember any funny stories from our wedding?
- What are some of your favorite memories from our honeymoon?
- What are some favorite things we used to do as a couple in the early days of our marriage? Can we start doing some of those things again, even with the realities of our busier lifestyles?
- Name 2 special memories you cherish about our early days that have nothing to do with the big events of our relationship. Why are those memories so special to you?
- What are some of your favorite Valentine's Day memories from our marriage?
- What is one gift I can give you this year that doesn't cost money?