



## Relationship Connection

Listening is sexier than talking. Asking questions face to face is sexier than texting. Being genuinely interested in your partner is more important than trying to be interesting.

Most relationships go through difficult times. Sometimes one partner feels more disconnected than the other. The good news is that desire and connection can be rebuilt. Building connection is one way of re-building your relationship and getting to know each other again.

### **TASK:**

Both you and your partner need to answer the following questions (one sheet each). Ask these questions as if your partner was in front of you and you were talking to them. You are answering questions ABOUT your partner. Answer as much as you can and then compare your answers with your partner. Your partner should also ideally complete the same questions and compare with you (it is not about right or wrong. The exercise is about building connection). It should be a FUN exercise!

### **QUESTIONS:**

1. What is your favourite colour?
2. If we were to go out someone, where would your partner want to go?
3. What is your partners idea of the best way to celebrate New Year's?
4. How would your partner like their anniversary to be celebrated?
5. What is something that your partner likes doing on their birthday? Or wish they could do?
6. Where would your partner like to go on their next holiday?
7. What is their favourite side of the bed?
8. What is your partners most embarrassing moment since we have been together?
9. What is your partners favourite TV show?
10. Favourite all time movie?
11. What is your partners favourite song/band?
12. What is their favourite animal?
13. What was the name of their first pet?
14. Who was your partners best friend in high school?
15. Who is their best friend now?
16. What food does my partner not like?

## QUESTIONS CONTINUED:

18. Favourite restaurant?
19. Can you name the best book your partner ever read?
20. What is the name of the least favourite person your partner knows?
21. Name two people they admire most in this world?
22. Can you recall a childhood memory that your partner always talks about?
23. Do you know if your partner currently worries about anything?
24. Are there any medical problems that they worry about?
25. What is your partner currently most sad about?
26. What is your partners favourite thing to do on the weekend?
27. Where did we go on our first date?
28. Who kissed who the first time? Do you remember where we were?
29. What would be your partners ideal job?
30. What perfume or cologne do I wear?
31. Can you list any important events coming up in your partners life that they may be worried about?
32. What does my partner like to do on days off?
33. What is their favourite sport?
34. What is their favourite team to support?
35. Other than you, who is the person that is your partner's greatest support?
36. What was the best gift your partner ever received?
37. What are your partners greatest qualities?
38. What personal qualities would you say I have to work on?
39. How does your partner like to be touched?
40. Do they prefer holding hands or cuddles?
41. Do they like long kisses or short kisses?
42. What is their favourite sexual position?
43. Do you know what turns your partner on?
44. What is your partners favourite time of day to be intimate?
45. If you could buy your partner a surprise, what would it be? (think no limits)
46. Can you recall the last time your partner said something nice about you? What was it?