

OPEN-ENDED QUESTIONS GUIDE

This guide provides prompts
to help you connect on a
meaningful level and build
intimacy.



Open-Ended Questions Guide

Open-ended questions spark deeper conversations, allowing you to explore your partner's thoughts, feelings, and experiences. This guide provides prompts to help you connect on a meaningful level and build intimacy.

Why Open-Ended Questions Are Powerful

1. **Encourages Vulnerability:** Creates a safe space for sharing.
 2. **Strengthens Understanding:** Helps you see the world from your partner's perspective.
 3. **Builds Emotional Intimacy:** Deepens your bond through meaningful dialogue.
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How to Use Open-Ended Questions

1. **Set the Scene:** Choose a calm, distraction-free environment.
2. **Practice Active Listening:** Focus on your partner's words without interrupting.
3. **Follow Up:** Use their answers to ask additional questions or share your thoughts.

Open-Ended Question Prompts

Dreams and Aspirations

1. What's one thing you've always wanted to try but haven't?
2. If you could design your ideal day, what would it look like?
3. What inspires you to keep moving toward your goals?

Emotional Intimacy

4. What's something you've been feeling lately but haven't shared?
5. How can I best support you when you're feeling stressed?
6. What's one thing that makes you feel truly loved?

Memories and Reflections

7. What's a childhood memory that shaped who you are today?
8. What's a moment in our relationship that you cherish most?
9. What's the best lesson you've learned in the past year?

Future and Vision

10. What does a fulfilling future look like for you?
11. How do you imagine our relationship growing over time?
12. What's one dream we can work toward together?

Exercise: The Conversation Jar

1. **Create Your Jar:** Write down 10–15 questions from this guide on slips of paper.
 2. **Draw a Question:** Take turns pulling a question and answering it.
 3. **Reflect:** Afterward, share how the conversation made you feel and what you learned.
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Tips for Deepening Conversations

- **Be Curious:** Show genuine interest in your partner's responses.
 - **Stay Open:** Avoid judgment or defensiveness.
 - **Follow Up:** Use responses as opportunities to ask more questions or connect further.
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Next Steps:

Integrate open-ended questions into your daily or weekly routines. Try them during meals, on walks, or during quiet evenings together.