CouplesConnect Questions

# Category Info

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| Conversations | Conversations can be a great way to connect. These topics will get you started in striking up a discussion. Explore each topic as much as you want, asking questions and sharing details and personal stories in your own life.  HELPFUL HINT: You can let yourself diverge into side topics too! |
| Questions | This section expound upon the topics with specific questions. Try to answer with as much description as you can.  HELPFUL HINT: Seek to get to know your partner instead of trying to change their way of thinking. |
| Dates | Every relationship needs fun! This category includes fun things to do together and innovative date ideas.  HELPFUL HINT: Feel free to improvise! |
| Intimacy | As your relationship grows, this category will build true intimacy as you explore topics that go deeper in connecting and healing ways.  HELPFUL HINT: Using "I feel" statements help to convey hard messages to your partner. |
| Sensual | Keep the romance alive with fun and steamy ways to enjoy each other!  HELPFUL HINT: This department should be mutually agreeable. If something is uncomfortable with one partner, try some others. |

# Topics

| **Category** | **Topic** | **Sub-Topics** | **Questions** |
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| Life | Love |  | What is hard about loving others?  What do you believe love is?  Describe an experience where you received the best love.  Describe an experience where love was painful.  Do you believe love is all a relationship needs?  What is your love language?  How does it feel to be loved?  How does it feel to love others?  What is self-love?  Who do you love the most?  When is loving most inconvenient? |
|  | Life Cycle | Life | What are the most important things in life?  Describe a good life?  How has your life been?  What has been the best thing that has ever happened to you in your life?  Do you love life?  Do you have any regrets?  Would you rather live a long mediocre life or a short fulfilling life?  What are some things you can do to live a more fulfilling life?  What is missing in your life?  What is your oldest memory? |
|  | Life Cycle | Death | What do you fear about death?  How do you cope with the death of a loved one?  Describe your ideal death process?  How many years would you like to live?  What are some things you would like to have achieved before you die?  Whose death has brought you the most grief? |
|  | Life Cycle | Aging | What is the best thing about aging?  How have you aged over the years?  What has been the best age in your life?  Are you afraid of getting old?  What is the hardest thing about aging?  How do you feel you have changed through the years?  How do you hope to change through aging?  Are you happy with your current age?  What age do you consider young? Old?  What is one quality from your youth you miss the most? |
|  | Life Cycle | Birth | What is the most miraculous part about birth? |
|  | The Universe | Nature | Do you like the outdoors?  Describe your best moment with nature in your life.  Describe your ideal outdoor camping experience. |
|  | The Universe | Climate | What is your favorite season?  Describe your perfect yearly weather seasons.  Do you like storms?  What climate and temperature is perfect to live in? To work in? To sleep in?  Do you experience seasonal depression due to climate change?  Do you think getting caught in the rain is fun?  Describe a memorable experience you’ve had with the weather. |
|  | The Universe | Earth | Do you believe in recycling?  Do you believe in global warming?  What is the best way to preserve the earth?  Why do you think earth is special?  What is the biggest issue affecting the earth? |
|  | The Universe | Cosmos | Do you believe in aliens?  Do you believe there is another life-bearing planet?  What is the most awesome thing in the cosmos?  Do you believe one day we will inhabit other planets? |
|  | People | Culture | What is the condition of humanity right now?  Why is there so much variance between peoples? |
|  | People | Society |  |
|  | People | Race |  |
|  | People | Ethnicity |  |
|  | People | Language |  |
|  | People | Gender |  |
|  | Special Days | Celebrations | Do you believe in celebrating?  What should be celebrated the most in this life?  Describe a memorable celebration in your life.  What things do you do to celebrate? |
|  | Special Days | Holidays |  |
|  | Special Days | Birthday |  |
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| Couples Love | Communication | expression, communication, | What are your struggles with communication?  Describe what effective communication is between couples.  How important is communication?  Why do misunderstandings happen? |
|  | Attraction | romance, intimacy, | How do you define romance?  How much romance do you prefer in a relationship?  What does it mean to be intimate?  Do you have trust issues in being intimate with someone?  What things make you feel close to someone?  How does being intimate with someone change you? |
|  | Sex | Foreplay, attraction, flirtation, masturbation, intercourse, oral, porn, types, safety, preferences, | How much sex do you want?  What parts of sex scare you?  What things in sex are you uncomfortable with?  Are you comfortable being naked?  What types of sex excite you?  How was sex portrayed to you growing up?  How does society depict sex?  Do you believe in safe sex?  Is feelings of intimacy necessary for sex? |
|  | Commitment | marriage, divorce, exclusivity, |  |
|  | Relationships | Friends, lovers, workers, roommates, sex partners, |  |
|  | Connection | common goal, hobbies, values, |  |
| Relationships | Friends | Communication, activities, values, rules | Tell me about your closest friend.  What do you consider is a true friend?  What are some qualities the friendship should have?  What do friends do?  Describe a time when a friend let you down.  How many friends do you want to have in your life?  What are some things you want to do with friends more than with a partner?  Do you enjoy going on double dates?  What things do friends do that can be obnoxious?  What is the hardest thing about maintaining friendships? |
|  | Family |  | Describe your immediate family.  What are some good qualities of your family.  What are some unhealthy aspects of your family.  How much family involvement do you think is ok in a couple’s life?  What are your expectations on your partner’s family?  How much do you value family?  What does a health family look like?  What is your favorite family tradition?  What are some rules a family should have? |
|  | Kids |  | Do you want kids? Why or why not?  What are some things kids give you?  What things do kids do that annoy you?  Do you believe kids are innocent?  At what age do you believe a child becomes an adult?  How was puberty for you?  What changed when you went to High School? |
|  | Partners |  |  |
|  | Strangers |  |  |
|  | Humankind |  |  |
|  | Parenting |  |  |
|  | Coworkers |  |  |
|  | Engagement | Etiquette, Manners |  |
|  | Nature |  | Describe your relationship with the earth. |
|  | Animals/Pets | farming, domestication, animal watching, | If you could have one exotic pet, what would it be?  Do you like animals?  Name the top 3 most annoying animals. |
| Self | Business | Business, economics, money, investing, retirement, |  |
|  |  |  |  |
|  | Learning | Education, school, learning, philosophy | What is an absolute truth?  What is a hopeless situation? |
|  | Shop | Online, selling, thrifting, |  |
|  | Work |  |  |
|  | Travel | transportation, |  |
|  | Home | décor, preferences, house types, environment, |  |
|  | Self | expression, personality, |  |
|  | Personal space & care | Hygiene, cleanliness, organization |  |
|  | Sleep | sleeping, dreaming, nightmares, daydreaming, sleep-walking/talking, |  |
|  | Fitness | Walking, running, dancing, hiking, yoga, weight training, swimming, martial arts |  |
|  | Health | mental, physical, emotional, dental, eye, meditation, exercise, diet, health care, insurance, |  |
|  | Food | food, drink, alcohol, dining, cooking |  |
|  | Hobbies | writing, reading, gardening, knitting, woodworking, card games, board games, photography, video, puzzles, fishing, hunting, collecting, cars/motorcycles, comics, |  |
|  | Hobbies (categories) | Crafts, games, literature, art, entertainment, outdoor, competitive, viewing, creative, |  |
|  | Subjects | Math, science, history, business, economics |  |
|  | Entertainment | TV, movies, Video games, social media, radio, podcasts, music |  |
|  | Art | Acting, Theater, drawing, painting, sculpting, crafting, |  |
|  | Fashion | tattoos, dress, style, hair style |  |
|  | Sports | Baseball, rugby/American football, ice hockey, racing, soccer/football, boxing/fighting, tennis, Olympics, cricket, golf, volleyball, field hockey, table tennis, |  |
|  | Technology | Computers, phones, devices, programing, |  |
|  | Values |  |  |
| Religion | God | God, gods, goddesses, Angels, aliens, demons, spirits, ghosts, divinity, | Do you believe there is a God?  How do you know there is a God?  Do you believe God is good? Why?  What are some qualities that come to mind when you think about God?  Is there only one God?  What does God look like?  Does God speak? How does God communicate?  What is the best thing God has done for you?  How do you believe God has failed you?  What is God’s purpose or goal? |
|  | Sin | Atonement, forgiveness, punishment, absolution, cause & effect, karma, | Is there such a thing as sins?  What is your definition of a sin?  What is the worst sin?  Do you believe sins can be erased? How? |
|  | Finality | Heaven, hell, purgatory, eternity, time, life, death, final judgment, | What are your thoughts about heaven?  Is there a hell?  Describe the afterlife.  What is this life for?  Do you believe death is final? |
|  | Morality | Good, evil, right, wrong, light, dark, justice, conduct, etiquette, manners, | Why is there evil in the world?  What are some of the greatest moral persons who ever lived?  Describe your definition of good.  Describe your definition of evil.  Describe the perfect human.  What is the cure for humanity?  What makes you a good person? |
|  | Human Qualities | Love/hate, joy/sadness, peace/strife, humility/pride, compassion/coldness, empathy/indifference, wisdom/stupidity, knowledge/ignorance, understanding/inexperience, honesty/dishonesty, integrity/unscrupulousness, courage/cowardice, passion/apathy, perseverance/defeatism, patience/impatience, gracious/rude, optimism/pessimism, emotionally healthy/unhealthy, mentally healthy/unhealthy, physically healthy/unhealthy, selflessness/egocentrism, generosity/frugalness, trusting/suspicious, faith/fear, calmness/anger, caring/neglectfulness | What is the purpose of faith in life?  What is the greatest quality of humankind? |
|  | Humanness | Humanity, genetics, biology, sociality, economics, Life purpose, spirit, soul, body, emotions, intellect, | Why are humans distinct from other life forms?  Do you believe humans are divine?  Do you believe in aliens?  Do you believe in ghosts or spirits?  Do you believe there is a spirit world? |
|  | Organized religion | Christianity, Islam, Buddhism, Hinduism, Catholicism, Mormonism, Nonreligious, | What is the purpose of a church?  Do you think all people should be of one religion?  Why are there so many religions?  What is at fault with organized religion?  What good is religion?  What religion did you grow up in?  What is the weirdest religion?  How do you define a cult?  Why do you think people leave a particular religion? |
|  | Tenants | Worship, prayer, learning, transformation, sainthood, clergy, law, ethics, morality, hierarchy, |  |
|  | Objects | Churches, mosques, monasteries, temples, relics |  |
|  | Written texts | Bible, Koran, Book of Mormon |  |
|  | Science/Creation |  | How did the universe begin?  Is earth special?  What are your thoughts about science?  Do you believe in evolution? |
|  |  |  | Do you believe you are or have a spirit?  What do you believe about the free will of humans?  Have you ever had a unique divine experience?  What is your hope in life? |
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| Government | Legislature | Rights, laws, voting, |  |
|  | Leadership | Hierarchy, division of power, voting, leaders, |  |
|  | Defense | Military, |  |
|  | Economy | Foreign policy, aid, budgets, debt, economy, |  |
|  | Judicial | Courts, lawyers, state defense, |  |
|  | Enforcement | law enforcement, jails, prison, correctional officers, |  |
|  | Types | Democracy, Dictatorship/Totalitarianism/Authoritarian, communism/socialism/capitalism, monarchism, |  |
|  |  |  |  |
|  |  |  |  |
| Dates | Fun |  |  |
|  | Dates |  |  |
|  | Romantic |  |  |
| Intimacy | *Feelings* |  |  |
|  | *Contrast* |  |  |
|  | *Complaints* |  |  |
|  | *Love Language* |  |  |
|  | *Trauma* |  |  |
|  | *Childhood* |  |  |
|  | *Affirmations* |  |  |
|  | *Needs* |  |  |
| Sensual | *Romance* |  |  |
|  | *Flirtation* |  |  |
|  | *Foreplay* |  |  |
|  | *Sex* |  |  |