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

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|  |  |  |  |
| Dates | Fun |  |  |
|  | Dates |  |  |
|  | Romantic |  |  |
| Intimacy | *Feelings* |  |  |
|  | *Contrast* |  |  |
|  | *Complaints* |  |  |
|  | *Love Language* |  |  |
|  | *Trauma* |  |  |
|  | *Childhood* |  |  |
|  | *Affirmations* |  |  |
|  | *Needs* |  |  |
| Sensual | *Romance* |  |  |
|  | *Flirtation* |  |  |
|  | *Foreplay* |  |  |
|  | *Sex* |  |  |