

20 Weekly Connection Questions for Couples

A Master Therapist's Guide

These questions are designed to progressively deepen intimacy, rebuild emotional connection, and reignite passion in marriage. Use 2–3 questions per week, creating space for genuine dialogue rather than rushing through them.

Weeks 1–2: Rediscovering Your Partner

1

“What’s one thing you’ve been thinking about lately that you haven’t shared with me?”

Purpose: Creates vulnerability and breaks down emotional walls that develop over time. Couples often stop sharing internal thoughts, assuming their partner already knows everything.

2

“When did you feel most proud of yourself this week, and what did that feel like?”

Purpose: Rebuilds admiration and respect by highlighting your partner’s achievements and internal experience rather than just external actions.

3

“What’s one way I could make you feel more loved or appreciated in our daily life?”

Purpose: Addresses the common issue of assuming you know your partner’s love language. Needs evolve, and this keeps you current with their emotional requirements.

Weeks 3–4: Emotional Intimacy Building

4

“What’s a fear or worry you’ve been carrying that you’d feel lighter sharing with me?”

Purpose: Fear-sharing creates profound bonding through vulnerability. When partners witness each other’s fears without judgment, intimacy deepens exponentially.

5

“Tell me about a moment this week when you felt completely yourself. What was happening?”

Purpose: Helps partners understand each other’s authentic self versus the roles they play in marriage and family. Critical for maintaining individual identity within unity.

6

“What’s something you miss about our relationship from earlier in our marriage, and what’s something you love about us now?”

Purpose: Balances nostalgia with present appreciation, preventing the ‘grass was greener’ trap while acknowledging legitimate losses that need grieving.

Weeks 5–6: Future Connection and Dreams

7

“If we could plan the perfect day together six months from now, what would it include?”

Purpose: Rebuilds shared vision and anticipation. Couples often lose forward momentum and need help creating mutual excitement about their future.

8

“What’s one dream or goal you have that you think I don’t fully understand or support?”

Purpose: Addresses the common marriage challenge of feeling unsupported in personal growth. Often one partner has dreams they’ve stopped sharing due to perceived lack of interest.

9

“How do you want to grow as a person this year, and how can I support that growth?”

Purpose: Reinforces marriage as a catalyst for individual development rather than a constraint. Prevents stagnation and resentment.

Weeks 7–8: Physical and Romantic Reconnection

10

“What makes you feel most desired by me, and what makes you feel most physically connected to me?”

Purpose: Addresses physical intimacy beyond just sexual activity. Many couples conflate sex with intimacy and miss the broader spectrum of physical connection.

11

“When do you feel most attractive and confident, and how can I help you feel that way more often?”

Purpose: Rebuilds attraction by understanding your partner’s relationship with their own desirability rather than making assumptions about what should make them feel good.

12

“What’s a romantic gesture or surprise that would mean the world to you right now?”

Purpose: Romance needs evolve with life stages. What felt romantic at 25 may feel burdensome at 45. This keeps romantic expression relevant and meaningful.

Weeks 9–10: Conflict and Growth

13

“What’s one way I’ve hurt you recently that I might not even realize, and how can I repair it?”

Purpose: Addresses micro-injuries that accumulate over time. Most marriage damage comes from small, unaddressed wounds rather than major conflicts.

14

“What’s something I do that makes you feel most understood and accepted by me?”

Purpose: Reinforces positive patterns by making them conscious. Couples often focus on problems while neglecting to amplify what’s working well.

15

“Is there something you’ve wanted to tell me but held back because you weren’t sure how I’d react?”

Purpose: Creates permission for difficult conversations by demonstrating openness to feedback and reducing defensive responses.

Weeks 11–12: Spiritual and Value Connection

16

“What’s bringing you the most meaning and purpose in life right now, and how can I be part of that?”

Purpose: Connects partners at the level of life purpose and meaning, creating partnership beyond just domestic cooperation.

17

“How has your understanding of what love means changed since we’ve been together?”

Purpose: Explores the evolution of love concepts and ensures both partners are growing in their capacity for mature love rather than staying stuck in early romantic patterns.

18

“What’s one thing about our relationship that makes you feel grateful to be married to me specifically?”

Purpose: Rebuilds appreciation and counters the tendency to take marriage benefits for granted. Highlights the unique value of your specific partnership.

Weeks 13–14: Legacy and Deep Purpose

19

“What do you hope people will say about our marriage and the way we loved each other?”

Purpose: Creates a shared vision for marriage legacy and elevates daily interactions to contribute to something larger than immediate needs.

20

“If you could go back and tell our younger selves one thing about marriage, what would it be, and what would you tell them about our love story so far?”

Purpose: Integrates the full journey of your relationship, creating narrative coherence and meaning from both struggles and joys. Positions current challenges within the larger story of your love.

Implementation Guidelines for Maximum Impact

❖ The Sacred Setup

Choose a consistent day and time each week (e.g., Sunday evenings)

Create ritual around the questions — candles, favorite drinks, phones away

Take turns asking and being asked first

Allow 20–30 minutes per question for full exploration

❖ The Therapeutic Framework

1. Listen for Understanding, Not Response: Your job is to truly know your partner's inner world, not to fix or debate.

2. Validate Before You Elaborate: “Thank you for sharing that with me” before adding your own perspective.

3. Ask Follow-Up Questions: “Tell me more about that feeling” or “What would help you feel supported in that area?”

4. End with Affirmation: Always close with appreciation for their vulnerability.

❖ Common Pitfalls to Avoid

Question Overload — Don't use multiple questions in one session

Advice-Giving — Resist the urge to immediately solve or suggest

Defensive Responses — If their answer triggers you, breathe and stay curious

Surface Answers — Gently encourage depth: “I’d love to understand that more fully”

❖ When Questions Hit Resistance

Some partners may initially resist this level of emotional engagement. Start with:

“I’m realizing I want to know you more deeply”

“These questions aren’t about fixing anything — I just want to understand your heart better”

Begin with lighter questions and build trust gradually

❖ Adapting for Your Relationship Stage

Newlyweds — Focus on questions 1–9, building foundation

Established Couples — Rotate through all 20, spending more time on areas of disconnect

Couples in Crisis — Start with questions 13–15, addressing hurt before building connection

Empty Nesters — Emphasize questions 7–9 and 16–20, rediscovering individual and shared identity

“The goal isn’t perfect answers but genuine connection.”

Some of the most powerful moments happen when someone says,

‘I don’t know, but I want to figure it out with you.’