

From Roommates to Soulmates

20 Questions to reignite
the passion in your marriage.

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MARRIAGE INTIMACY SERIES

*20 Questions Every Couple Must Ask
to Become*

SOULMATES

*No More Surface Relationships. No More Roommate Marriages.
The Secret to Transforming Your Connection — Starting Tonight.*

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INTRODUCTION

Why Surface Relationships Fail — and How These 20 Questions Change Everything

Most married couples don't need a better marriage — they need a deeper one.

You already share a home. You share finances, children, schedules, and history. But at the end of the day — do you share your soul?

The roommate marriage is one of the greatest tragedies of our time. Not because couples stop caring for each other, but because they stop knowing each other. Life gets busy. The routines take over. And before long, two people who once stayed up all night talking are living parallel lives under the same roof — polite, functional, and profoundly lonely.

This ebook was designed to break that pattern.

These are not icebreaker questions. They are not conversation starters for a first date. These are the kinds of questions that reach past the surface — past the roles you play and the performances you maintain — and touch the real person underneath. The person who has fears they haven't named. Dreams they've buried. Wounds they're still carrying. And a longing — sometimes deep and silent — to be fully known and fully loved anyway.

The Bible calls marriage a covenant — not just a contract. God designed it to be the single most intimate relationship on earth. In Genesis, it says a man and woman 'become one flesh' — not one schedule, not one address — one flesh. That kind of oneness doesn't happen by accident. It is built. It is chosen. And it is deepened through honest, courageous conversation.

Each of these 20 questions targets a specific layer of emotional intimacy. Each one comes with the science behind why it works, a Scripture to anchor it, a short reflection to prepare your heart, and journal lines to capture what you discover. Some answers will surprise you. Some will move you. A few might sting. All of them will bring you closer — if you let them.

A few simple guidelines:

One question at a time. Don't rush through these like a checklist. Give each one the time it deserves — even if that means one question per week.

Listen to understand, not to respond. When your spouse is answering — your only job is to receive it.

No defensiveness. Commit to this before you begin. Defensiveness is intimacy's greatest enemy.

Write it down. The journal prompts are there for a reason. What gets written gets remembered.

These 20 questions will not fix every problem in your marriage. But they will open every door. And behind every open door is the soulmate marriage you were created to have.

— *Lloyd Allen / Marriage Educator, Therapist, Family Coach and Theologian.*

PART ONE

FOUNDATION & ROOTS

Building the base that holds everything else together.

Q1 *"What does feeling truly loved by me look like to you?"*

FOUNDATION: KNOW HOW THEY RECEIVE LOVE

WHY THIS QUESTION MATTERS

Most couples spend years trying to love their spouse the way THEY want to be loved — not the way their spouse actually needs it. This one question rewires everything. When you discover exactly what makes your spouse feel genuinely loved, you stop guessing and start connecting.

WHAT SCIENCE CONFIRMS

Dr. Gary Chapman's research on love languages confirms that mismatched expressions of love are one of the top sources of relational disconnection. When partners learn each other's emotional language, satisfaction scores rise significantly.

SCRIPTURE ANCHOR

"Let each of you look not only to his own interests, but also to the interests of others." — Philippians 2:4

BEFORE YOU ASK — A REFLECTION

Close your eyes. Think about a moment when you felt completely loved by your spouse. What was happening? That memory holds the answer.

COUPLE'S JOURNAL

Describe a specific time you felt deeply loved by your spouse.

What do you wish your spouse did more often that makes you feel cherished?

Q2 *"Is there an area of your life where you still feel alone — even with me?"*

FOUNDATION: FIND THE HIDDEN GAPS

WHY THIS QUESTION MATTERS

Loneliness inside marriage is more common than most couples admit. People share a bed, a home, and a schedule — yet carry silent burdens no one knows about. This question gives your spouse permission to name what they've been carrying alone.

WHAT SCIENCE CONFIRMS

Research from the University of Chicago found that chronic loneliness has measurable health consequences — and it occurs even within committed relationships when emotional intimacy is absent.

SCRIPTURE ANCHOR

*"Bear one another's burdens, and so fulfill the law of Christ." —
Galatians 6:2*

BEFORE YOU ASK — A REFLECTION

This is a brave question. Receive the answer without defensiveness. Your spouse naming a gap is not a criticism — it's an invitation.

COUPLE'S JOURNAL

What area of your life do you rarely talk about with your spouse?

What would it feel like if your spouse truly understood that part of you?

Q3 *"What was the most painful experience of your life before we met — and how has it shaped you?"*

ROOTS: UNDERSTAND THEIR STORY

WHY THIS QUESTION MATTERS

Every person carries a history. Childhood wounds, losses, failures, betrayals — they don't disappear at the altar. They get brought into the marriage. When you understand your spouse's story, their reactions make sense, their fears make sense, and your compassion deepens.

WHAT SCIENCE CONFIRMS

Attachment theory (Bowlby, Ainsworth) establishes that early relational wounds directly shape adult bonding patterns. Couples who explore each other's histories report higher empathy and reduced conflict.

SCRIPTURE ANCHOR

"He heals the brokenhearted and binds up their wounds." — Psalm 147:3

BEFORE YOU ASK — A REFLECTION

You are not a therapist — you are a safe place. Listen to understand, not to fix. The healing often comes from simply being heard.

COUPLE'S JOURNAL

What painful experience from your past still affects you today?

How has that experience changed the way you love or trust?

Q4 *"What do I do that makes you feel disrespected — even if I don't mean it that way?"*

GROWTH: CLOSE THE RESPECT GAP

WHY THIS QUESTION MATTERS

Disrespect often lives in unintentional habits — a tone, an eye roll, a dismissive comment. Your spouse may have been absorbing small wounds for years without saying it. This question opens the door before bitterness sets in.

WHAT SCIENCE CONFIRMS

Dr. John Gottman's research identifies contempt — the opposite of respect — as the single greatest predictor of divorce. Small, repeated acts of perceived disrespect accumulate into major relational damage.

SCRIPTURE ANCHOR

"Each one of you also must love his wife as he loves himself, and the wife must respect her husband." — Ephesians 5:33

BEFORE YOU ASK — A REFLECTION

Agree before you ask: whatever the answer is, you will not get defensive. You asked because you want to grow, not to be right.

COUPLE'S JOURNAL

What specific behavior from your spouse makes you feel undervalued?

What would it mean to you if that changed?

Q5 *"What dreams have you let go of that I may not even know about?"*

VISION: RESURRECT THEIR DREAMS

WHY THIS QUESTION MATTERS

Over time, life pressure causes people to quietly bury their dreams — especially inside marriage. Children, finances, and routine can gradually silence the person your spouse was created to become. This question says: I still want to know all of you.

WHAT SCIENCE CONFIRMS

Positive psychology research (Seligman) links the pursuit of meaningful goals to elevated life satisfaction and relationship quality. Couples who support each other's growth report significantly higher marital happiness.

SCRIPTURE ANCHOR

"Delight yourself in the Lord, and he will give you the desires of your heart." — Psalm 37:4

BEFORE YOU ASK — A REFLECTION

Your job isn't to evaluate the dream — it's to honor the dreamer. Respond with curiosity, not calculation.

COUPLE'S JOURNAL

What dream have you quietly let go of?

What would it take to pursue even a small version of that dream today?

PART TWO

INTIMACY & GROWTH

Going beyond the comfortable and into the transformative.

Q6 *"When do you feel the most emotionally connected to me?"*

INTIMACY: IDENTIFY YOUR BONDING MOMENTS

WHY THIS QUESTION MATTERS

Emotional connection doesn't happen by accident — it happens in specific moments. Some couples connect best during late-night conversations. Others connect through shared laughter, physical closeness, or working on something together. This question helps you find your moments and multiply them.

WHAT SCIENCE CONFIRMS

Neuroscience confirms that emotional bonding triggers the release of oxytocin — the 'attachment hormone.' The more couples identify and repeat these bonding moments, the stronger their relational neurological bond becomes.

SCRIPTURE ANCHOR

"Two are better than one, because they have a good reward for their toil." — Ecclesiastes 4:9

BEFORE YOU ASK — A REFLECTION

Think about the last time you felt deeply connected to each other. Where were you? What were you doing? Do more of that — intentionally.

COUPLE'S JOURNAL

Describe a recent moment when you felt most connected to your spouse.

What conditions make those moments happen more often?

Q7 *"Is there something you've never told me that you've been afraid to say?"*

HONESTY: CREATE RADICAL SAFETY

WHY THIS QUESTION MATTERS

Every marriage has unspoken things. Some are small. Some are significant. The longer they remain unspoken, the more they create invisible distance. This question is an act of bravery — and an invitation to real intimacy.

WHAT SCIENCE CONFIRMS

Research on emotional suppression (Pennebaker) shows that holding back significant personal truths creates chronic psychological stress and reduces relational closeness over time.

SCRIPTURE ANCHOR

"The truth will set you free." — John 8:32

BEFORE YOU ASK — A REFLECTION

Before asking, create safety. Say: 'Whatever you tell me, I will receive it without anger. I want to know all of you.' Then mean it.

COUPLE'S JOURNAL

Is there something you've been holding back from your spouse?

What would it feel like to finally say it — and be received with love?

Q8 *"What does our marriage give you that nothing else in your life can?"*

IDENTITY: AFFIRM WHAT'S IRREPLACEABLE

WHY THIS QUESTION MATTERS

This question reframes your marriage from obligation to treasure. When couples articulate the unique gifts their relationship provides — safety, laughter, belonging, growth — they reinforce why this covenant is worth protecting.

WHAT SCIENCE CONFIRMS

Positive relationship science identifies 'relationship capitalization' — sharing positive experiences — as a key driver of marital satisfaction and longevity. Naming what's good makes it stronger.

SCRIPTURE ANCHOR

"He who finds a wife finds what is good and receives favor from the LORD." — Proverbs 18:22

BEFORE YOU ASK — A REFLECTION

Don't rush this answer. Sit with it. Let your spouse finish the sentence in their own words — and then listen as if it's the most important thing you've ever heard.

COUPLE'S JOURNAL

What does your marriage uniquely give you that nothing else can replace?

Do you tell your spouse this enough?

Q9 *"In what ways do you feel like I still don't fully know you?"*

DEPTH: GO DEEPER THAN THE SURFACE

WHY THIS QUESTION MATTERS

Years of marriage can create the illusion of full knowledge. But people grow, change, and evolve. The spouse you married at 25 is different at 40. This question refuses the roommate trap and insists on continued discovery.

WHAT SCIENCE CONFIRMS

Psychologist Arthur Aron's research on 'self-expansion' in relationships shows that couples who continue learning new things about each other sustain higher levels of attraction and satisfaction.

SCRIPTURE ANCHOR

"My beloved is mine and I am his." — Song of Solomon 2:16

BEFORE YOU ASK — A REFLECTION

Assume there is always more to discover. Go into this conversation like it's the first real conversation you've ever had.

COUPLE'S JOURNAL

In what ways do you feel misunderstood or unknown by your spouse?

What do you wish your spouse knew about the way you think or feel?

Q1 *"What does our marriage need most right now — and what is my role in giving it that?"*

ACTION: BUILD WHAT'S MISSING

WHY THIS QUESTION MATTERS

This question turns reflection into responsibility. Instead of diagnosing the marriage from a distance, it places both partners inside the solution. Growth doesn't happen by identifying problems — it happens when people own their part.

WHAT SCIENCE CONFIRMS

Systems theory in family therapy (Bowen) emphasizes that every person in a relationship system is both affected by and responsible for the relational climate. Personal accountability accelerates relational change.

SCRIPTURE ANCHOR

"Do not merely listen to the word, and so deceive yourselves. Do what it says." — James 1:22

BEFORE YOU ASK — A REFLECTION

Whatever answer comes, resist the urge to correct or add to it. Receive it. Then ask yourself: 'What is MY contribution to what we need — and what am I willing to change?'

COUPLE'S JOURNAL

What does your marriage need most right now?

What specific action will you take this week to give your marriage what it needs?

PART THREE

DEPTH & SECURITY

Finding the places in each other that rarely get spoken.

Q1 *"What makes you feel most secure in our relationship?"*

1

SECURITY: ANCHOR THE BOND

WHY THIS QUESTION MATTERS

Security is the foundation of every healthy marriage. When a spouse feels safe — emotionally, physically, spiritually — they can be vulnerable, honest, and fully present. When security is absent, walls go up. This question helps you learn what builds that safety for your spouse.

WHAT SCIENCE CONFIRMS

Attachment research (Johnson, EFT) shows that emotional security — knowing your partner is accessible, responsive, and engaged — is the core need in adult bonding. Meeting this need activates a secure attachment cycle.

SCRIPTURE ANCHOR

"There is no fear in love. But perfect love drives out fear." — 1 John 4:18

BEFORE YOU ASK — A REFLECTION

What you discover here is your assignment. If their security comes from physical touch, consistency, or words of reassurance — that's your daily practice.

COUPLE'S JOURNAL

What makes you feel most emotionally safe in your marriage?

Is there anything that threatens that sense of security?

Q1 *"How has being married to me changed you for the better?"*

2

GRATITUDE: CELEBRATE THE GROWTH

WHY THIS QUESTION MATTERS

Couples rarely stop to name the good they've done for each other. This question redirects attention to impact — the ways your love has genuinely shaped and improved your spouse's life. It reinforces value, belonging, and purpose.

WHAT SCIENCE CONFIRMS

Positive psychology research confirms that gratitude practices — especially directed toward a partner — significantly increase relational satisfaction, reduce conflict, and build emotional resilience.

SCRIPTURE ANCHOR

"As iron sharpens iron, so one person sharpens another." — Proverbs 27:17

BEFORE YOU ASK — A REFLECTION

After your spouse answers, flip it. Share how they have changed you for the better. Let the mutual appreciation fill the room.

COUPLE'S JOURNAL

In what ways has your spouse made you a better person?

Have you ever told them that directly?

Q1 *"What is one thing about our future that excites you and one thing that scares you?"*

3

VISION: NAVIGATE THE FUTURE TOGETHER

WHY THIS QUESTION MATTERS

Soulmates don't just share a past — they share a vision. This double question opens a real conversation about where you're headed: not just logistics but emotional hopes and honest fears. It builds unity around the future.

WHAT SCIENCE CONFIRMS

Research on shared meaning systems (Gottman Sound Relationship House) shows that couples who build a shared life vision — with aligned dreams and honest fears — report the highest levels of marital satisfaction.

SCRIPTURE ANCHOR

"For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"
— *Jeremiah 29:11*

BEFORE YOU ASK — A REFLECTION

Let the excitement be celebrated and the fear be honored — without minimizing either. Both are part of real intimacy.

COUPLE'S JOURNAL

What about your shared future excites you most?

What about the future do you carry anxiety about — and have you shared that with your spouse?

Q1 "What spiritual need do you have that you feel I don't support enough?"

4

SPIRIT: CONNECT AT THE DEEPEST LEVEL

WHY THIS QUESTION MATTERS

Spiritual intimacy is the deepest dimension of marriage — and the most neglected. Many couples pray together occasionally but never speak honestly about their spiritual struggles, doubts, or longings. This question goes where most couples never go.

WHAT SCIENCE CONFIRMS

Studies on religious and spiritual congruence in marriage consistently show that couples who share spiritual practices and support each other's faith journey report significantly higher marital satisfaction and resilience under stress.

SCRIPTURE ANCHOR

"Pray for each other." — James 5:16

BEFORE YOU ASK — A REFLECTION

This is sacred ground. Enter it humbly. Your spouse's spiritual life is not a project — it's a sanctuary. Be honored they trust you enough to share it.

COUPLE'S JOURNAL

What is your deepest spiritual longing right now?

How can your spouse better support your walk with God?

Q1 5 *"When have you felt closest to me — and what was happening in our lives at that time?"*

MEMORY: RETURN TO WHAT WORKED

WHY THIS QUESTION MATTERS

Every marriage has peak seasons — chapters when the connection was electric, the laughter was constant, and the love felt easy. This question retrieves those seasons from memory and makes them available again. You can recreate what you remember.

WHAT SCIENCE CONFIRMS

Relationship science identifies 'positive sentiment override' — when couples have enough positive history on file, they tend to interpret ambiguous events charitably. Mining positive memories reinforces this protective buffer.

SCRIPTURE ANCHOR

*"I remember the days of old; I meditate on all that you have done." —
Psalm 143:5*

BEFORE YOU ASK — A REFLECTION

As your spouse describes that season, listen for the conditions: what were you doing, how were you treating each other, what did life look like? Those conditions are clues to your blueprint.

COUPLE'S JOURNAL

Describe a season in your marriage when you felt most connected.

What can you do to bring some of that back?

PART FOUR

VISION & LEGACY

Lifting your eyes from the daily grind to the eternal.

Q1 "What are you most proud of about who you are becoming?"

6

IDENTITY: HONOR THEIR GROWTH

WHY THIS QUESTION MATTERS

Most people rarely hear someone ask them this — especially their spouse. This question shifts the lens from weakness and failure to growth and becoming. It honors your spouse as a person in progress, not a problem to be managed.

WHAT SCIENCE CONFIRMS

Self-determination theory (Deci & Ryan) identifies personal growth and autonomy as core psychological needs. When a partner witnesses and affirms their spouse's growth, it builds intrinsic motivation and relational warmth simultaneously.

SCRIPTURE ANCHOR

"Being confident of this, that he who began a good work in you will carry it on to completion." — Philippians 1:6

BEFORE YOU ASK — A REFLECTION

When they answer — celebrate it. Not politely. Genuinely. Tell them what YOU see growing in them. Double the gift.

COUPLE'S JOURNAL

What personal growth are you most proud of in yourself right now?

How can your spouse better honor and affirm who you are becoming?

Q1 "What do you need from me during the hardest seasons of your life?"

7

ENDURANCE: PREPARE FOR THE HARD CHAPTERS

WHY THIS QUESTION MATTERS

Every marriage will face grief, loss, failure, or crisis. Couples who discuss this before the storm hits are far better equipped to survive it together. This question is preparation — and profound reassurance that you intend to stay.

WHAT SCIENCE CONFIRMS

Crisis intervention research shows that couples who have pre-established emotional support expectations navigate acute stress significantly better than those who have not. Preparation is protection.

SCRIPTURE ANCHOR

*"A friend loves at all times, and a brother is born for a time of adversity."
— Proverbs 17:17*

BEFORE YOU ASK — A REFLECTION

This is not a hypothetical — it's a covenant conversation. Your answer becomes a promise: 'I will be this for you when you need it most.'

COUPLE'S JOURNAL

What do you need most from your spouse when you are struggling?

What does it look like when your spouse shows up for you well during hard times?



Q1 "What part of your heart have you protected from me — and why?"

8

VULNERABILITY: LOWER THE LAST WALL

WHY THIS QUESTION MATTERS

Everyone has a guarded place — a room in the heart with a locked door. Sometimes it's shame. Sometimes it's past hurt. Sometimes it's fear of judgment. This question is an invitation to finally open that door — and a promise that what's inside will be handled with care.

WHAT SCIENCE CONFIRMS

Brene Brown's research on vulnerability establishes it as the birthplace of true connection. The willingness to be seen completely — without armor — is the defining act of authentic intimacy.

SCRIPTURE ANCHOR

"Perfect love casts out fear." — 1 John 4:18

BEFORE YOU ASK — A REFLECTION

Before asking, earn the right. This question requires demonstrated safety to answer honestly. If your spouse shares — you are holding something sacred.

COUPLE'S JOURNAL

Is there a part of your heart you've kept guarded from your spouse?

What would it take to open that space — and what do you need from your spouse to feel safe enough?

Q1 "What would our marriage look like if it was 9 everything you ever prayed for?"

PRAYER: DEFINE THE MARRIAGE OF YOUR DREAMS

WHY THIS QUESTION MATTERS

Most couples can describe what's wrong with their marriage. Few can describe what's possible. This question invites both of you to speak the vision — not just the problem. It anchors hope, aligns goals, and reminds you that you are building something together.

WHAT SCIENCE CONFIRMS

Goal-setting research (Locke & Latham) consistently shows that clearly articulated, emotionally meaningful goals produce significantly higher motivation and achievement than vague or undefined aspirations.

SCRIPTURE ANCHOR

"Write down the revelation and make it plain on tablets so that a herald may run with it." — Habakkuk 2:2

BEFORE YOU ASK — A REFLECTION

Write the answer down. Read it together. Let it become your north star — what you are building toward, not just what you are reacting to.

COUPLE'S JOURNAL

Describe your vision for what your marriage could look like at its best.

What would need to change for that vision to become your reality?

Q2 "What do you want our legacy to be — what do you want people to say about our marriage after we're gone?"

LEGACY: BUILD A MARRIAGE THAT OUTLIVES YOU

WHY THIS QUESTION MATTERS

Soulmates don't just build a great marriage — they build a great legacy. This final question lifts your eyes from the daily grind to the eternal impact. What do you want your children, grandchildren, and community to say about the love you built together? That answer changes how you live today.

WHAT SCIENCE CONFIRMS

Existential psychology (Frankl) and purpose research consistently show that individuals and couples who anchor their actions to a sense of lasting meaning demonstrate greater resilience, satisfaction, and intentional living.

SCRIPTURE ANCHOR

"A good name is more desirable than great riches; to be esteemed is better than silver or gold." — Proverbs 22:1

BEFORE YOU ASK — A REFLECTION

This is the question that makes every other question matter. You are not just having a conversation — you are deciding who you want to be. Start living that legacy now.

COUPLE'S JOURNAL

What legacy do you want your marriage to leave behind?

What change would you need to make TODAY to begin building that legacy?

YOU HAVE STARTED SOMETHING BEAUTIFUL.

These 20 questions are not the end — they are the beginning. Every honest answer your spouse gave you is an invitation. Every vulnerable moment you shared is a brick in the foundation of a soulmate marriage.

Don't stop here. Keep asking. Keep listening. Keep showing up.

CONTINUE THE JOURNEY

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— *Lloyd Allen / Marriage Educator, Therapist, Family Coach and Theologian.*

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