



75

QUESTIONS

FREE CONVERSATION GUIDE

Good questions for couples

Fun, deep, and meaningful questions that make it easier to connect.

HOW TO USE THE LIST

Choose three to five questions. Both answer, and ask at least one follow-up question.

A free reflection and conversation tool from Pair Perspective.



QUESTIONS 1-10

10 easy questions to get started

Start here if you want a warm conversation without making things too serious. Try answering the same question before moving on.

1

What has been the best moment of your week?

6

What would you like to have more time for in everyday life?

2

What are you most looking forward to right now?

7

What do you think we are really good at as a couple?

3

When do you feel most relaxed with me?

8

When do you feel most seen by me?

4

What small thing always makes your day better?

9

What could make the coming week a little easier for you?

5

Which memory of us almost always puts you in a good mood?

10

What would you like us to do together soon?



QUESTIONS 11-20

10 fun questions for your partner

Not every conversation needs to be about personal growth. Funny questions can bring out stories, quirks, and sides of each other that easily disappear in a busy everyday life.

11

If we could travel anywhere tomorrow, where would you take us?

16

What is the funniest misunderstanding we have had?

12

Which of my habits is charmingly strange?

17

What competition do you think we could win as a team?

13

Which song should be the theme tune of our relationship?

18

If we swapped lives for a day, what do you think would surprise you most?

14

If we started a small business together, what would we sell?

19

What is the most spontaneous date we could plan this month?

15

Which fictional family would we fit into best?

20

Which early moment in our relationship would you love to see on film?



QUESTIONS 21-30

10 deep questions for couples

These questions are more about who you are than what you do. Give each other time to think, and stay curious when an answer is different from what you expected.

21

What do you need to feel secure in a relationship?

26

If your life came with an instruction manual, which page should I read more often?

22

Which experience has shaped you more than most people know?

27

What makes it difficult for you to ask for help?

23

What are you afraid of losing when life changes?

28

When do you notice that you need closeness, and when do you need more space?

24

When do you feel most like yourself?

29

What does a good life mean to you right now?

25

What do you wish more people understood about you?

30

What do you hope your future self will thank you for?



QUESTIONS 31-45

15 questions about your relationship

Good relationship questions can reveal both strengths and needs. The goal is not to grade your relationship, but to understand how it feels from both sides.

31

When do you feel we are most on the same team?

39

What do you think we take for granted about each other?

32

What do you think has improved between us over time?

40

What small habit could make our everyday life better?

33

What do I do that makes you feel loved or valued?

41

When do you feel the greatest distance between us?

34

Is there something lovely we used to do that you miss now?

42

What helps you reconnect with me after a disagreement?

35

Which strength in our relationship are you most grateful for?

43

What is the most typically 'us' moment you can think of?

36

When do you feel that we prioritize each other well?

44

What would you like us to be more curious about together?

37

What does quality time mean to you in practice?

45

If our relationship were a TV series, what would the episode we are in now be called?

38

Is there something you wish we celebrated or noticed more often?



QUESTIONS 46-55

10 questions about communication and needs

It is especially helpful here to speak from your own perspective. Try 'I experience' and 'I need' instead of explaining what the other person is doing wrong.

46

What makes it easier for you to tell me that something is difficult?

51

What do you need from me when you are stressed?

47

How can you show me that you want support, not solutions?

52

How would you like us to bring up a vulnerable topic?

48

When do you feel truly listened to by me?

53

Is there something you often try to say that you do not feel comes across clearly?

49

What usually makes you withdraw during a conversation?

54

What helps you calm down during a disagreement?

50

How can we speak up earlier when something starts bothering us?

55

How can we get better at repairing things after we have hurt each other?



QUESTIONS 56-65

10 questions about values and the future

You do not have to want exactly the same things. What matters is knowing where you want to go together, where you can be flexible, and which choices matter most to each of you.

56

What does an ordinary, good day look like for you five years from now?

61

What traditions would you like us to create together?

57

What would you like us to prioritize more going forward?

62

What does family mean to you, and what place should family have in our lives?

58

What does financial security mean to you?

63

How would you like to balance work, free time, and time together?

59

If we had a completely free month together, how would you spend it?

64

Which dream do you hope I will support you in?

60

How do you hope our relationship develops over the next few years?

65

Which choice about the future do you think we should talk about more?



QUESTIONS 66-75

10 questions about closeness and intimacy

Closeness can mean anything from attention and security to touch and sex. Agree that either person can skip a question, and meet honest answers without pressure.

66

When do you feel closest to me emotionally?

71

Is there something that often gets in the way of feeling close?

67

Which small signs of love mean the most to you?

72

How can we talk more safely about wishes and boundaries?

68

What makes you feel desired?

73

What helps you stay present when we have time together?

69

What type of physical closeness do you appreciate most in everyday life?

74

Is there a form of closeness you miss having more of?

70

When is it easiest for you to initiate closeness?

75

What can we do this week to create a small moment of greater connection?



NEXT STEP

See the relationship from both sides

The free and private relationship test lets you answer separately and compare how you experience 14 sides of your relationship.

Start gratis på pairperspective.com/en

No registration. Answers are shared only when both are finished.

Pair Perspective is a reflection tool, not treatment or a diagnosis.