

Deeper Conversations guide for partners

Here is a collection of open, meaningful questions for partners. They are designed to deepen connection, invite reflection, and create more emotional closeness.

Everyday connection

- What stayed with you from today?
- What was a moment today that felt really good for you?
- Was there anything that felt challenging or heavy?
- What are you carrying with you into this evening?

Emotional connection

- How have you been feeling lately, beyond the surface?
- What has been on your mind the most these days?
- When did you feel most like yourself recently?
- Is there something you've been feeling but haven't shared yet?

Understanding your partner's inner world

- What is currently most important to you in your life?
- What is something you are longing for at the moment?
- What is giving you energy right now, and what is draining you?
- What feels meaningful to you these days?

Relationship-focused questions

- When did you feel closest to me recently?
- Is there something I did that made you feel seen or appreciated?
- Is there something you wish I understood better about you?
- What helps you feel loved by me?
- What can I do more of that would support you right now?

Growth and reflection

- What do you feel we are doing well as a couple right now?
- Is there something we could do differently to feel even more connected?
- What have you learned about us recently?
- What would you like us to focus on more in the coming weeks?

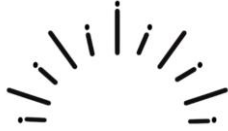
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Deeper exploration

- What are you currently learning about yourself?
- What has been challenging you internally lately?
- What are you afraid of at the moment?
- What would you like more space for in your life?

Support and care

- What do you need from me right now?
- How can I best support you at the moment?
- Do you want me to listen or help you think through solutions?
- What would feel really comforting for you today?

Playful and positive connection

- What do you appreciate most about us right now?
- What is something you love about our relationship?
- What is one of your favourite memories of us recently?
- What would a perfect day together look like for you?

These questions work best when they come from genuine curiosity, without pressure or expectation. Often, the depth of a conversation does not come from asking many questions, but from staying with one answer, listening fully, and gently exploring further together.

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