

Learning How to Open Up to Your Partner

Print one worksheet per partner. Fill out individually and take turns sharing your responses to each question. Diving deep into each question is encouraged, so spend time understanding your partner's answers without rushing through. Connecting with each other is tied to the process, not necessarily in sharing your responses.

For example:

1. Partner A shares their response to one question in entirety and then Partner B can ask questions and clarify.
2. Partner B shares their response to the same question and Partner A can ask questions and clarify.
3. Move on to the next question.

Have fun and enjoy connecting with each other!

1. What is one childhood memory that I cherish and why?
2. What's the most adventurous thing I've done and what motivated me to do so?
3. Where do I see myself in five years?
4. What's the best meal I've ever had? Describe in detail.
5. When's the last time I felt emotionally uncomfortable? What did I feel and why?
6. When I feel sad, where do I feel it in my body?
7. When I feel angry, where do I feel it in my body?
8. When I feel happy, where do I feel it in my body?
9. When's the last time I felt truly at ease?
10. If I was granted three wishes, what would they be and why?

11. When's the last time my partner surprised me?

12. What has my partner done recently that has made me feel loved?

13. What traits do I find most attractive in my partner?

14. When was the last time I felt proud of myself?

15. When was the last time I felt proud of my partner?

16. Why is opening up and being vulnerable important in a relationship?

17. What shifts would I like to see in our relationship? How can I contribute to said shifts?

18. What's one new thing I've learned about my partner through this exercise?

19. What do I feel grateful for?