

INTIMACY ENHANCEMENT QUESTIONS

Use these questions on a daily or weekly basis to enhance your relational intimacy. They are most effective when shared in the context of a personal relational ritual and in a conducive environment, with sufficient time to fully explore whatever emerges. These seem to work best when the partners alternate asking and answering (i.e. partner 1 asks #1, waits for the answer, then answers #1; partner 2 then asks #2, waits for the answer, then answers #2, etc.) If you have questions that you feel would enhance this list please feel free to let me know.

1. What was your most pleasant experience this week?
2. When did you feel our intimacy was strongest this past week? What was it in that context that allowed the intimacy (be specific)?
3. When did you feel most hurt by me this past week? What was it about that situation that contributed to your feeling (be specific)?
4. In the near future, what are you most excited about or anticipating doing?
5. What has been your biggest cause for concern this week?
6. What have you felt most grateful for this week? Why?
7. Is there anything you have avoided saying or communicating to me? If so, what is it? What prevented you being able to communicate it?
8. What have you appreciated most about me in the past week?
9. Where do you feel you have made the most progress in our relational growth this week?
10. What one thing would you like to see different next week?
11. When will we next do these questions? (Set the date now)