COUPLES QUESTIONNAIRE

100 questions for each other

Conversations about family, intimacy, money and your future together.

Pick a topic and a few questions, then take turns answering. Take your time, skip any question or come back to it another day.

Children and parenting

01 Do you want children?

02 How many children would you like, and how far apart?

03 When would you want to have your first child and any children after that?

04 What would you want to do if we couldn’t conceive without assistance?

05 Would you consider IVF, donor conception, adoption, or a life without children?

06 How would we talk about it if one of us changed our mind about having children?

07 What three values would you most want to pass on to your children?

08 What kind of parent would you like to be, and how would you set limits?

09 How do you picture your share of the responsibilities once we have children?

10 Who would take parental leave, and for how long?

Children and extended family

11 If you already have children, what role do you picture your partner playing in their lives?

12 If your partner has children from a previous relationship, what role would you be willing to play?

13 How do you feel about your family?

14 Who in your family are you closest to? Where is there tension, and who supports you most?

15 How often would we visit our families together?

16 How do you picture vacations? Would you take some separately?

17 Would you like to live near your parents? How would you support them if they needed care?

Sex and intimacy

18 What do you expect from your sex life?

19 How would you tell your partner if something felt missing sexually?

20 What do you enjoy most about sex?

21 Do you watch porn, and how would you feel about your partner watching it?

22 What do you find most attractive or arousing?

23 Have you ever questioned your sexuality?

24 Do you think you'll have enough physical intimacy in this relationship?

25 Do you feel you could share sexual differences, fears, or fantasies with your partner?

26 Are there desires, boundaries, or circumstances you'd like to talk about?

27 If you became attracted to someone else, could you talk about it before acting on it?

How we argue and make up

28 How do you usually express anger?

29 During conflict, do you tend to avoid, accommodate, or confront? What does that look like?

30 How did people close to you handle conflict?

31 What disagreements keep coming up, and what differences might be behind them?

32 Which of your partner’s habits or actions tend to irritate you?

33 How do you feel when someone disagrees with your point of view?

34 What kind of conflict might be serious enough to end the relationship?

35 What disagreement have you resolved together? What helped?

36 What would be unacceptable during an argument?

What would we like to revisit?

Relationships and commitment

37 When have you felt most loved in this relationship?

38 Could you bring it up if the relationship started to feel routine?

39 How do you feel about commitment?

40 What's the most romantic moment you've shared?

41 Why do you want to get married, and why to this person?

42 What three qualities do you respect in your partner?

43 What three qualities do you admire in your partner?

44 What first drew you to your partner?

45 How do you picture your life in five, ten, or twenty years?

Trust, time and support

46 What counts as infidelity to you?

47 What do you love about your partner and want to keep in the relationship?

48 What might you have to give up once you marry and live together?

49 Is there anything you'd want your partner to change after the wedding?

50 What kind of partner would you like to be?

51 How often do you need time to yourself?

52 Would you like regular check-ins about the relationship? What would work for both of you?

53 How would you want your partner to support you through illness, bereavement, or unemployment?

Money and agreements

54 How much do you earn?

55 What debts do you have, including loans, credit cards, or a mortgage?

56 How do you feel about borrowing money and taking on debt?

57 How did your family approach money?

58 Where do you find it easy to save, and what are you willing to spend more on?

59 What would you want to save for together?

60 Would you want a prenuptial agreement?

61 Should we discuss major purchases even if we're using our own money?

62 Would you track expenses or keep a budget together? How?

Budgeting, housing and expenses

63 How would you want to divide property if you divorced?

64 Would you have a shared budget?

65 Do you have financial obligations to a former partner?

66 Are there other legal or personal financial commitments your partner should know about?

67 Which financial goals matter most to you, such as a home, travel, or a car?

68 What matters most in a home: location, size, furnishings, or type of property?

69 Would you prefer to buy or rent a place to live?

70 How do you feel about donating to charity or volunteering?

71 Who do you think should pay the bills?

Emotional connection

72 How comfortable are you when your partner shares difficult feelings?

73 How do you feel when your partner disagrees with you?

74 When might you keep something to yourself to avoid upsetting your partner?

75 What words or tones feel critical to you?

76 Have your comments hurt your partner before? How did you find out?

77 Have you felt disappointed or hurt by your partner?

78 Have you talked those things through, or are they still affecting you?

79 Is there something you like about your partner now that might irritate you years from now?

Work and career

80 Would you move if your partner were offered their dream job elsewhere in the country?

81 How would you feel if your partner left work to care for your children?

82 What would you do if your partner needed a career break or struggled to find work?

83 What are your short- and long-term career goals?

84 How would you feel if your partner worked overtime for long stretches?

Home life and time off

85 What does your ideal day off look like?

86 What does your ideal vacation look like?

87 How do you feel about each of you spending time separately with friends?

88 How do you feel about drugs, alcohol, and tobacco?

89 How would we handle differences in how tidy or clean we like our home?

90 How would we share household chores?

91 Would you be open to hiring help or using a cleaning service?

92 Who would shop for groceries and cook?

93 How often would you like to eat out, and what kinds of restaurants do you enjoy?

94 How important is it to eat at the table without TV or phones?

Faith and spirituality

95 What spiritual or religious beliefs do you hold?

96 How important is it to you to observe a spiritual or religious practice?

97 How involved are you in your spiritual or religious community?

98 How involved would you want your partner to be in that part of your life?

99 Would you want your children raised in a particular faith or tradition? What would that look like?

100 Would you want your children to take part in rituals such as baptism or first communion?

The original questionnaire is credited to family therapist Miriam Torres Brinkmann.