WORKBOOK

What do I want from a relationship?

50 prompts about partners, closeness and what matters to you.

Pick a few prompts that speak to you and finish them in your own words. You can come back to the rest later.

01 When I meet my future partner, I hope I'll feel…

02 When my partner looks at me, I want their expression to say…

03 I'd like my partner to know how to…

04 I'd love for my partner to admire this about me…

05 I could forgive my partner if…

06 It matters to me that my partner remembers…

07 I look forward to the day when we…

50 questions about a partner

08 I'd like sex with my partner to feel…

09 It would mean a lot to me if my partner…

10 I'd like us to share…

11 I'd appreciate my partner's help with…

12 I'd like my partner to tell me about…

13 I want our relationship to be free of…

14 Even in a relationship, I want to keep…

15 I definitely wouldn't put up with…

16 At home, I'd like my partner to take responsibility for…

17 I'd love it if my partner enjoyed…

18 I'm willing to disagree about almost anything except…

50 questions about a partner

19 I'd like my partner's family to…

20 I'm unwilling to give up…

21 I'd like my partner to approach money by…

22 I'd like my partner's work to…

23 It's important that my partner doesn't get jealous of…

24 I'd like my partner to accept that I…

25 I'd feel proud if my partner succeeded at…

26 Ideally, we'd handle conflict by…

27 My biggest fear in a relationship is…

28 I'd like my partner to see my body as…

29 I hope my partner never limits my freedom to…

50 questions about a partner

30 If my partner ever _____, I'd end the relationship, however painful it might be.

31 I'd love for my partner never to stop…

32 I'll know our relationship has reached a dead end when…

33 I'd appreciate my partner recognizing…

34 I don't like it when a partner…

35 I'd like us to work toward…

36 I don't want my partner to feel… toward me.

37 Early on, I'd like us to agree that…

38 When a relationship gets difficult, I usually…

39 I can be patient, but I wouldn't wait forever for…

40 A relationship becomes painful for me when…

50 questions about a partner

41 Beyond love, I’d like us to be connected by…

42 Freedom in a relationship means…

43 I don’t want to take on the role of…

44 I’d be upset if my partner started to…

45 For me, the point of a relationship is…

46 My partner can count on my support when it comes to…

47 If I found out my partner was lying or hiding something important, I would…

48 I’d like us to agree on…

49 I’d like to feel sure that my partner…

50 I’ll be ready to say “I love you” when…