



## 14 Questions To Improve The Communication With Your Spouse

- 1) **What is your best and worst memory of your childhood?**
- 2) **When we argue, what is one thing I can work on to make our conflict conversations healthier?**
- 3) **Is there something that you've dreamed of doing but haven't yet?**
- 4) **What has prevented you from doing this?**
- 5) **When do you feel most loved by me?**
- 6) **Is there more I can do to make you feel loved?**
- 7) **Does anything keep you up at nights?**
- 8) **What are your fears that keep you awake at night?**
- 9) **What activities do you love doing with me most?**





- 10) What are some things you would like us to do together in the future?**
- 11) How do you feel our relationship has grown the most?**
- 12) In what areas?**
- 13) List your three biggest needs.**
- 14) How can I fulfill them?**

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