



COUNSELING QUESTIONS

Communication & Understanding

- How do you feel I listen to you?
- Are there times you feel misunderstood by me?
- How do you prefer to receive feedback or criticism?
- What's something I could do to make you feel more heard?
- Are there topics we avoid discussing? Why?

Emotional Intimacy & Connection

- When do you feel closest to me?
- What makes you feel most loved and appreciated?
- Are there past hurts that still affect us today?
- How do you experience vulnerability in our relationship?
- What do you need from me emotionally that you're not getting?

Conflict & Resolution

- How do you feel when we argue?
- Are there recurring issues that frustrate you?
- What does forgiveness look like to you in our relationship?
- How can we approach disagreements in a healthier way?
- What triggers strong emotional reactions between us?

Faith & Spiritual Life

- How can we pray or serve together more intentionally?
- What spiritual habits can strengthen our marriage?
- How do you see God at work in our relationship?
- How do we support each other's spiritual growth?

Life & Future Goals

- What are your biggest hopes for our life together?
- How do you feel about our shared responsibilities?
- Are there areas where our priorities or values differ?
- How can we better support each other's personal goals?
- What kind of legacy do we want to leave as a couple?

Self-Reflection

- What is your biggest strength as a partner?
- What's one area you'd like to grow in?
- How do your past experiences affect your behavior in our relationship?
- Is there something you wish I understood better about you?