

20 Questions for Couples:

Well-known researcher Dr John Gottman talks about Masters Verses Disasters of Relationships. He says to be a Master; you have to have strong relationship and a strong friendship between the two of you. A strong friendship entails staying connected and knowing each other well. Research shows that a powerful predictor of relationship stability is whether couples allocate “mental room” in their brains for their partner’s life and inner psychological world. This means having a mental map of the relationship and its history, and knowing each partner’s past and present concerns, preferences, experiences, hopes, dreams and goals.

Develop your ‘map’ with these questions:

1. Describe our first meeting?
2. Describe what each of us was wearing on that first meeting?
3. What hobbies does my partner like to do on his or her own?
4. What areas/countries has my partner lived in their life?
5. What are my partner’s current stressors? (People or things)
6. Where has my partner travelled? Where would they like to travel in future?
7. Where do you want to be in three years’ time?
8. What is a high and low of my partner’s life?
9. What secret ambition does my partner have in life?
10. What is one of my partner’s favourite novels, movies or hobbies?
11. What is one my partner’s most embarrassing moments?
12. What was my partner’s worst childhood experience?
13. What personal improvements does your partner want to make in his or her life?
14. What are some important or exciting events coming up in my partner’s life and how does he/she feel about them?
15. What career/job would my partner like to do instead of the career/job they currently have?
16. What kind of present would my partner like best?
17. Does my partner have someone who has inspired them in life?
18. What is one of my partner’s favourite things to do on a weekend?
19. What was one of my partner’s favourite vocations or holidays?
20. What was my partner’s education or schooling experience like for them?

To find out more on this research or mind map questions go to: www.gottman.com