Relationship Growth Activity

Discovery Questions

Instructions: Sometimes in relationships we become so focused on the problems that we forget to see our partner as a person. You can strengthen your relationship by learning more about your partner, and discussing their thoughts and feelings.

Take turns selecting a question from each section below to ask your partner. If you believe you know all of the answers in a section, see if you can answer each one correctly!

The Fun Things

What was your partner's favorite TV show when they were a child?

Where would your partner most like to visit on a vacation?

What song is your partner into right now?

Are there any movies your partner is excited to see?

Has your partner ever read a book that had a major impact on their life?

About Us

When did your partner realize they were interested in you? Was there a specific moment?

What motivates your partner to keep working on your relationship?

What does your partner want your relationship to look like in 5 years?

When was a moment that your partner felt happy about your relationship?

What is your partner's favorite thing to do, or place to go, as a couple?

Hopes & Dreams

How does your partner hope to change over the next year? 5 years? 20 years?

What are three realistic goals your partner has for their lifetime?

What is the happiest life your partner can imagine?

What is one goal your partner has for their career, family, and their personal growth?

What are five things your partner would place on their bucket list?

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Work Life

What's something your partner likes about their job? What's something they dislike?

Who are your partner's best friends at work, and why?

What is the most challenging task your partner has to do at their job?

Besides a paycheck, what does your partner get from their work? (E.g. respect or pride)

What's a typical day at work like, from beginning to end?

Emotions

When in your partner's life did they feel the most scared?

Overall, how has your partner been feeling during the past week?

Does your partner view themself as a happy person? If not, how do they view themself?

What is something that can consistently make your partner happy?

How does your partner relax after a stressful day?

Other Relationships

Outside of your relationship, who does your partner feel that they can talk to about problems?

Who is someone that your partner has a negative feeling about, or distrusts?

What is your partner's longest friendship? How have they maintained their friendship?

Who does your partner feel closest to in their family?

Does your partner prefer to spend time alone, or with others?

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