

BIG QUESTIONS

CHEAT SHEET

Pick 5 questions from the following to discuss with your spouse to learn more about them and spark conversation. Remember the goal is simply to ask and explore, try follow up questions (provided below) to keep the conversation going. The goal is not to fix or figure out but to simply engage for the sake of connection.

1. What was your worst fear growing up?
2. If you could change into any animal for 24 hours what would it be and why?
3. If you could design the perfect house for us where would it be and what would it include?
4. What were some things as a child you hoped you would do, "When you grew up?"
5. How was physical touch displayed in your home between your parents and towards you?
6. How did your parents comfort you when you were upset as a child?
7. Who in your family caused the most stress for you when you were growing up?
8. What was one unspoken rule you had in your home growing up?
9. Name one high and one low from your adolescence.
10. If you could redo one season of your childhood, which season would you choose?
11. What was your favorite year in school growing up?
12. Do you remember when you first felt shame growing up?
13. If you could learn three new skills just by wishing for them what would they be and why?
14. When was the first time you felt betrayed as a child?
15. How were big emotions handled in your home?
16. Who was your favorite teacher when you were growing up?
17. What relative did you feel the closest to growing up?
18. Who was your childhood hero/heroine?
19. If you could go back and discuss anything with any figure from history who would it be and what would you ask?
20. How were achievements celebrated in your home?
21. Who was your childhood best friend and what did you like about them?
22. When you look back at your childhood, what makes you sad?
23. What was your worst childhood experience?
24. What was your favorite cereal growing up and why?
25. What was your most embarrassing moment growing up?
26. What were holidays like growing up in your home?
27. What was your favorite Christmas or Birthday gift you received growing up?
28. When you were sick growing up, who cared for you and how?
29. What did you want to be growing up?
30. How was sex discussed in your home?
31. When were you first introduced to sex growing up?
32. What is one way you are like your mother, one way that you are like your father?
33. Describe what a family meal looked like growing up? Who is sitting where, what are you eating, what is being shared?
34. What is your happiest memory being with your family growing up and what is your saddest memory?
35. How was conflict managed in your family?

FOLLOW UP QUESTIONS

Use these to keep the conversation going and dive deeper into what your spouse shared.

- 1** Tell me more, I want to understand.
- 2** How does that make you feel?
- 3** Is there a specific story connected to what you just shared?
- 4** Are there other times you felt this way?
- 5** Are there times when you still feel this way?
- 6** Do you know what you needed in that story?
- 7** How do you think that story/feeling is still affecting you today?
- 8** How does that story/feeling shape who you are today?
- 9** What beliefs or values did you develop because of that experience?
- 10** When you share that where do you feel it in your body right now?