

50 Questions to Deepen Relational Self-Awareness (for those *not* currently in an intimate relationship)

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Love Template

1. How would you describe the relationship between your parents?
2. What did you learn about romantic relationships in your home growing up?
3. How did the adults in your home express disappointment and frustration?
4. How did the adults in your home repair after conflict?
5. What did you learn about how to give an apology?
6. What did you learn about how to forgive someone who has hurt you?
7. What were the messages you received about boys and love?
8. What were the messages you received about girls and love?
9. How did the adults in your home respond to your emerging sexuality and curiosity about intimate relationships?
10. Who taught you about sex?
11. What was the tone of those early messages? Danger? Sin? Risk? Joy? Connection? Intimacy?

Dating

12. What is it like for you to be single?
13. If you use dating apps, which one and why did you choose it?
14. What do you like about online dating?
15. If you do not use dating apps, why not?
16. How do you meet people to date?
17. What are three qualities you are looking for in an intimate partner?
18. Why do those qualities matter to you?
19. To what degree are those qualities that you also embody?
20. Have you ever ghosted someone you were seeing?
21. What kept you from ending contact in a more direct way?
22. Have you ever been ghosted?
23. What was that like for you? How did you handle it?
24. What do you like most about dating?
25. What do you find most challenging about dating?

Sexuality

26. What are the messages you grew up with regarding when sex is “appropriate” and when sex is “inappropriate” (think about messages around LGBTQ+ sexualities, sex within a marriage, sex outside of a marriage, masturbation, pornography)? What impact do those messages have on you today?
27. What are the messages you grew up with regarding the role of sex in an intimate relationship?
28. How connected do you feel to your sexual self?
29. When do you feel most sexy?
30. What helps you feel sexy?
31. How do you know when you’re ready to engage sexually with a new partner?
32. To what degree do you feel able to ask for what you want and need sexually with someone you’re dating?
33. How does your relationship with your body affect your sexual experiences?
34. How important is nonsexual touch to you and what is the relationship for you between sexual touch and nonsexual touch?

Breakups

35. Have you ever been the one to initiate a breakup?
36. If so, what led you to end the relationship?
37. How did you let your former partner know that you wanted to end the relationship?
38. What did you learn about yourself in the process of initiating a breakup?
39. Have you ever been the one who has been broken up with?
40. What was that like for you?
41. What did you learn about yourself in the process of being on the receiving end of a breakup?
42. What helped you recover from your breakup?
43. What kind of boundaries do you find that you need to practice after your breakup?

New Beginnings

44. After your breakup, how did you know when you were ready to begin dating again?
45. To what degree do you find yourself comparing a new partner with an old partner?
46. How do you know when it’s time to introduce a new partner to your family? Your friends?
47. How have you grown as an intimate partner in recent years?
48. In what ways are you easy to get along with?
49. In what ways are you difficult to get along with?
50. Who do you want to be in your intimate relationship?

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15. When do you feel most sexy?
16. What helps you feel sexy?
17. To what degree do you feel able to ask for what you want and need sexually?
18. How does your relationship with your body (body image) affect your sexual experiences?
19. How important is it for you and your partner to touch outside of a sexual experience?
20. What is the relationship for you between sexual touch and nonsexual touch for you?
21. What are your thoughts about faking orgasms? If you do this sometimes/often/always, what keeps you from more direct communication about your experience?
22. What were the messages you internalized growing up about masturbation? How do those messages affect you today?
23. How do you define pleasure?
24. If you were unafraid, what would you ask for more of sexually?
25. What are your feelings about scheduling sex?
26. In what contexts can pornography be helpful to a couple’s relationship?
27. How well do you understand your partner’s sexual self?
28. What do you want to know but are afraid to ask about your partner’s sexual self?

Conflict

29. When you think about the topics you and your partner fight about these days, what is the common theme?
30. What does that theme indicate? Is there a mantra or intention that would support you and your partner these days?
31. What helps you feel ready to apologize to your partner?
32. How do you apologize to your partner?
33. To what degree does the division of labor in your home resemble what you saw growing up?
34. How do you feel about the similarities/differences?
35. If/when you feel resentment about the division of labor, how do you raise your concerns?

The “We”

36. What do you most admire about your partner?
37. Has it changed over time? How?
38. If your intimate relationship had a motto, what would it be?
39. What are your top 5 relationship values as a couple?
40. In what setting/context do you feel most attracted to your partner? Why?
41. What is your favorite thing to do with your partner? Why? Who do you get to be in that context?
42. What are you most proud of about your intimate relationship?
43. What would your younger self say about your intimate relationship today?

Relationship with Self

44. What is an activity you used to enjoy but no longer do?
45. What keeps you from reclaiming it?
46. How well do you advocate for solitude / time to do something along?
47. What keeps you from asking for time and space for yourself? Who do you fear you become if/when you ask for time and space for yourself?
48. What do you need less of in your life right now?
49. What keeps you from saying “no” when you need to?
50. What is your theme song?