

69

NAUGHTY QUESTIONS FOR COUPLES

From warm to wild — at your own pace

BY JONNA MARIA • RELATIONSHIP & INTIMACY EXPERT

BEFORE YOU BEGIN

I've spent years working with couples as a relationship therapist and sexologist. And I can tell you this: the couples with the richest intimate lives aren't the ones who do the most. They're the ones who talk the most.

Not about logistics. Not about the kids or the calendar. About each other. About what they want, what they notice, what they've been thinking about.

That's what these 69 questions are for.

They start light — playful, warm, easy to answer. Then they move somewhere more interesting. You set the pace. You decide how far you go. There's no right answer to any of them.

HOW TO USE THIS

Take turns asking each other. One question at a time — no rushing. Put your phones away. Pour something you like. Let the conversation go wherever it goes.

If a question feels too big, skip it and come back later. If one opens something unexpected — stay there. That's where the good stuff is.

A note from me: these questions are designed to open doors, not kick them down.

Curiosity is the only requirement. The rest follows naturally.



Jonna Maria

Couples & Sex Therapist

PART 1 — WARM UP

LIGHT, PLAYFUL, EASY TO ANSWER. START HERE.

- 1.** What did you first notice about me — before we even spoke?

- 2.** What's something small I do that you genuinely love?

- 3.** When do you feel most comfortable with me?

- 4.** What's one of your favourite memories of us?

- 5.** What makes you feel most like yourself when we're together?

- 6.** What's something you appreciate about me that you don't say often enough?

- 7.** What outfit do I wear that does something to you?

- 8.** When do you find me most attractive?

- 9.** What's something you'd love to do together that we haven't yet?

- 10.** What's one thing about me that still surprises you?

- 11.** When do you feel closest to me?

- 12.** What does a perfect evening with me look like to you?

A LITTLE DEEPER. THINGS YOU MEAN BUT DON'T ALWAYS SAY.

13. What's something you've wanted to say to me but haven't found the right moment for?

14. Is there something you want more of from me — in everyday life?

15. When do you feel most desired?

16. What kind of touch do you love that we don't do enough of?

17. Is there something you used to do together that you miss?

18. What's something you find hard to ask for?

19. When do you feel most understood by me?

20. What would your ideal morning together look like?

21. What's one thing that always puts you in a good mood?

22. When do you feel most proud of us?

23. What's something about yourself that you'd like me to understand better?

24. What makes you feel truly seen?

25. Is there something you've been wanting to ask me?

WHERE IT GETS INTERESTING. ANSWER HONESTLY.

26. What creates chemistry between us?

27. What's something I do that turns you on without trying?

28. When do you feel most wanted by me?

29. What kind of energy between us excites you?

30. Is there a moment from our relationship that you still think about?

31. What would make tonight feel unforgettable?

32. What's something you've always wanted to try but never suggested?

33. Is there a fantasy you've had that you've kept to yourself?

34. What turns an ordinary moment into something charged for you?

35. What helps you feel fully relaxed and open?

36. What kind of attention makes you feel most wanted?

37. What's something that would surprise me about what you find attractive?

38. When do you feel most alive with me?

39. What kind of closeness do you want more of right now?

FOR WHEN YOU'RE READY TO GO SOMEWHERE REAL.

40. What's something you'd want to explore together if you knew I wouldn't judge you? _____

41. Is there a part of yourself that you haven't fully shown me yet? _____

42. What would the best version of our intimate life look like? _____

43. Is there something you want more of — and have been waiting to ask for? _____

44. What's one boundary you'd actually be open to revisiting? _____

45. Have you ever held back from suggesting something because you assumed I'd say no? _____

46. What does feeling fully free with me look like to you? _____

47. Is there something you've only ever thought about — and never said to anyone? _____

48. What's the most honest thing you could tell me right now about what you want? _____

49. If we had a completely uninhibited night — what would happen? _____

50. What kind of experience would you want us to remember forever? _____

51. Is there anything on your mind right now that you haven't said? _____

ONLY ANSWER WHAT FEELS RIGHT. NO PRESSURE — EVER.

- 52.** What's a fantasy you enjoy privately that you'd consider sharing with me?

- 53.** Is there something you've seen or read that sparked something in you?

- 54.** What would you want to happen if I said yes to anything tonight?

- 55.** Is there a role or scenario you'd be curious to explore — even loosely?

- 56.** What's something you find wildly attractive that you've never told me?

- 57.** What would you want me to initiate — that I never have?

- 58.** Is there something from the 'too far' category that you'd secretly rate higher than you'd admit?

- 59.** What's one thing you'd try if you knew it would stay just between us?

- 60.** What's the most turned on you've ever felt — and what caused it?

- 61.** Is there a part of your body you'd want me to pay more attention to?

- 62.** Have you ever wanted to watch — or be watched? What does that thought feel like?

- 63.** Is there something you've fantasised about doing with me that you've convinced yourself would never happen?

- 64.** What's something you'd be embarrassed to admit turns you on — but it does?

- 65.** What's one thing you'd want to try at least once?

- 66.** Is there a dynamic — power, surrender, something else — that you've been curious about?

- 67.** What would the most honest, uninhibited version of you ask for right now?

- 68.** What's something you've only ever kept in your head — and never brought into a bedroom?

- 69.** What do you want to happen now?

WHAT JUST HAPPENED?

YOU JUST HAD A CONVERSATION MOST COUPLES NEVER HAVE.

*Not because they don't want to.
Because no one gave them the questions.*

If something came up tonight that you want to explore further — the After Dark Questions go deeper. They're designed for couples who aren't done yet.

Find them at honestlove.org

~ *Jonna*