

25 Questions to deepen your connection in a relationship

Want to build more emotional depth and connection with your partner? Here's our list of go-to questions:

- 1** — What are your biggest dreams or goals for the future?
- 2** — What's something you've always wanted to try but haven't yet?
- 3** — What makes you feel most loved and appreciated?
- 4** — What does a perfect day look like for you in a relationship?
- 5** — What's a childhood memory that shaped who you are today?
- 6** — What's the most meaningful compliment you've ever received?
- 7** — What do you value most in our relationship?
- 8** — Is there anything from your past that you feel still impacts you today?
- 9** — When you think about the idea of unconditional love, what does that look like to you?
- 10** — What's your biggest fear when it comes to relationships or intimacy?
- 11** — What's an insecurity you've never shared with anyone else?
- 12** — How do you handle stress or difficult emotions?
- 13** — What's something about yourself that you don't often share with others?
- 14** — What's a lesson from a past relationship that you think was most important?
- 15** — Who has been the most influential person in your life, and why?
- 16** — What's your happiest memory from our time together?
- 17** — Is there something you've struggled to forgive yourself or others for?
- 18** — What's the most challenging thing you've overcome, and how did you grow from it?
- 19** — What does a fulfilling life look like for you, and how can I support that vision?
- 20** — How do you envision our relationship growing in the future?
- 21** — What role do you think trust plays in a relationship, and how do we build it?
- 22** — What's something you'd like us to do together that we haven't done yet?
- 23** — What do you think is your biggest emotional need in a relationship, and how can I help fulfill that?
- 24** — What's your biggest regret, and how has it shaped the person you are today?
- 25** — In what ways have you felt the most supported or unsupported by the people closest to you?

These questions encourage openness, vulnerability, and meaningful discussions, helping to strengthen emotional intimacy and deepen the connection in your relationship. Consciously carve out time to do discuss these instead of springing them on your partner out of nowhere, either as part of a relationship check-in or in a dedicated date name (it can even be an intimacy like game!)