

Intimacy. Attraction. and Appreciation



When do I feel closest to my partner?

What makes me feel wanted, comfortable,
or emotionally safe?



How do I naturally express affection?



What kind of affection would I like more often?



What do I need more of lately?



Has the way I want affection changed?

Is there something I feel awkward asking for?

What would make this conversation easier?

What small thing does my partner do that I love?



Which memory still makes me smile?



What do I admire about them now?



What initially attracted me, and what
attracts me today?



What would I love for us to try?

What kind of memories do I want us to create?

What have we been postponing?



What would make the next few months feel
more like our life?

