



SEEING YOU QUESTIONS

100 QUESTIONS TO DEEPEN YOUR
CONNECTION WITH YOUR PARTNER

FROM GALIA COLLABORATIVE

EMPOWERING PURPOSE-DRIVEN WOMEN
TO ELEVATE THEIR IMPACT THROUGH
MENTAL WELLNESS



A NOTE ON GETTING STARTED

If you've downloaded this tool, you may be longing for a way to deepen your connection with your partner or to protect the connection that you've worked hard to foster. I want you to know that this longing is important and brave.

Closer and more intimate connection with another human being is not for the faint of heart. It's something that so many of us say that we want and that we know is important, and yet we struggle create it. I believe that much of the reason we struggle is because we look to find connection instead of build connection.

The questions included here aren't magic; they are building blocks. When part of a daily or weekly practice, they can help foster the sense of safety and intimacy that we are striving for.

Each of the questions invites you to share more of yourself and to know your partner better. I believe that being seen and truly seeing our closest people is the work we are all here to do. I hope this helps.

Lovingly,
Dr. Ashley Solomon
Founder & Clinical Psychologist
Galia Collaborative



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INSTRUCTIONS

There's no right or wrong way to use this list, but I do have some suggestions for ways that make using it most productive. Find what fits for you and your partner and remember your reason for wanting to foster honesty and connection.

1

This list was designed to be used as part of a daily or weekly check-in process between partners. The check-in should be a time when you have, ideally, uninterrupted opportunity to really be with each other. Find a time and a space when you have a few minutes to an hour or so be together in a comfortable location and remove distractions like phones.

2

Select one or up to a few questions to ask each other and have each partner respond to the same question before moving on. These are prompts for further discussion, so one question might result in an hour long conversation and no other questions will be covered. That's great. Some might be answered briefly and that's great, too. There's no goal here other than knowing and being known, however that happens.

3

Keep in mind the importance of holding space for each other's responses. Things your partner says may elicit challenging feelings in you, and that's okay. Do your best to stay present with what your partner is saying and to ask clarifying questions after they finish. Don't interrupt and work on owning the feelings you have in response. You can choose lighter or heavier questions based on the capacity each of you has at the time.

4

Some questions might bring up topics that are worth discussing in more depth with a therapist, either on your own or together. Make a note of those and know that there are resources to help this process.



WEEK IN REVIEW

1. What was an attempt you made to connect with me this week that I missed?
2. What was a difficult situation this week that you feel you handled well?
3. What was something you did this week that you wished I would have noticed or acknowledged?
4. What was something I did this week that helped you feel seen or appreciated?
5. What was a strong emotion you had this week that you haven't yet shared with me?
6. What was a moment you felt particularly connected or drawn to me this week?
7. What's something that you don't need for me to do, but you really like that I do it?
8. What was a moment between us this week that you wish had gone differently?
9. What was a moment in parenting this week that you were proud of?
10. How have you been sleeping? How could I help you sleep better?
11. What made you laugh this week?
12. What was the hardest day for you this week, and what made it most difficult?
13. What was something you worked on this week in your job that went well?
14. What did you do this week that helped you feel connected to friends or family?
15. What do you want to do in the week ahead to prioritize self-care?
16. What opportunity did we miss this week for more intimacy with each other?
17. What was a moment this week for which you wish you could have do-over?
18. What was the most beautiful thing you saw this week?
19. How did your physical body feel this week? What would help it feel better, and how can I support that?
20. What's a value of yours that you felt aligned with this week?

WHAT YOU SEE

1. What is a non-physical trait of mine that turns you on?
2. What is a quality that you appreciate about me that I struggle to appreciate in myself?
3. What is something I do that you worry will get in the way of our connection?
4. What is a physical trait of mine that turns you on?
5. Who is one person in your life I remind you of and how?
6. What is a positive quality that you think I bring out more in you?
7. What's something you like now that you didn't like before you met me?
8. What is a bias I have that I have a hard time seeing?
9. How do you think I most like to be shown love and affection?
10. What habit do I have that you don't like but have come to accept?
11. Where do you see me going professionally in ten years?
12. What's something you hope I will eventually be able to accept in myself?
13. What are some of the best qualities that you believe I got from my family?
14. What do you admire about my approach to work, parenting, or our relationship?
15. What do I do that makes you laugh the hardest?
16. How do I tend to respond to you when I'm stressed, and what is that like for you?
17. What's one thing I could adjust in how I talk to you that would make the biggest difference?
18. What quality in me do you most wish you had yourself?
19. What do you think was one of my formative experiences in my life, based on what I've shared?
20. What is one gift you see in me that I could pass down to our or other children?

LOOKING BACK

1. What is one thing about your parents' relationship that has shaped how you are in our relationship?
2. How did you see your family expressing love and affection for each other?
3. What do you hope to do better or differently than your parents when it comes to love?
4. What is a personal trait that you like that came from your parents?
5. What is a personal trait that you don't like that came from your parents?
6. How did where you grew up influence how you are in our relationship?
7. When you were struggling with hard feelings as a child, who did you talk to?
8. What were some of your favorite things to do with your parents?
9. Who in your life modeled the kind of romantic relationship that you want to have now?
10. What is something that you are trying to unlearn from your upbringing?
11. Tell me a story about your neighbors growing up.
12. How do you think your experience of growing up differs from your siblings?
13. What television characters, celebrities, artists, or musicians were inspirational to you when you were in grade school?
14. What qualities did you get most praised for and criticized for growing up?
15. When you were a teenager, what did you imagine your life would look like? What parts match, and what parts don't?
16. What's something you wish you could change about your current interactions with your family?
17. How do you wish you could respond to or feel differently with your family?
18. What's something about your childhood it took you a long time to understand?
19. What's something that's important for me to understand about your early life?
20. What's something you would like to go back and tell a child version of you?

COMMUNICATING

1. What is a time where you remember us communicating really well about something hard?
2. What do you most need from me when I need to give you critical feedback?
3. If it's not urgent, what day or time of day do you prefer me to talk to you about something that's bothering me?
4. What's a time where we were texting about something that we should have saved for in-person conversation?
5. Who is someone in your life who you see as a great communicator?
6. What emotion of yours most derails your ability to communicate well with me?
7. What's the first thing you need when you walk in the door?
8. What's something that I do that makes it hard to give me honest feedback?
9. How did adults in your life growing up talk about hard things?
10. How do you feel about taking breaks in the middle of hard conversations?
11. What's something I do that helps you feel more able to talk honestly to me?
12. What are your preferences for communicating when we're spending longer periods away from each other?
13. What topics do you notice make me the most defensive? What about for you?
14. Outside of ours, in what relationships do you struggle with communication?
15. What are you most afraid of me thinking or perceiving about you?
16. How would you most like to reconnect with each other each day?
17. What is working well about how we are dividing up household tasks? What's working less well?
18. What's a situation we've had recently where we could have communicated differently and had a different outcome?
19. How do you see our communication having changed since we first met?
20. What is something you always want me to know or feel when we are talking about hard things?

LOOKING AHEAD

1. What is something that you are excited about in the next year?
2. What is a ritual that you would like to start building into our relationship?
3. What is something that you want to prioritize working on in yourself in the next month?
4. What's a place that's important to you that you'd like to take me?
5. In ten years, what do you hope to feel proud of looking back at our relationship now?
6. What's something you've accomplished that your younger self would be proud of?
7. What is a city you've never visited that you'd like to see together?
8. What friend of yours would you most like to strengthen your connection with?
9. What is something you look forward to about being older together?
10. What is one current responsibility that, if shed, would help you feel more able to be yourself?
11. What was a dream you previously had that stopped being important?
12. What's something that you hope you contribute to your community over time?
13. If I give a speech about you on your 80th birthday, what would you want me to say?
14. What is a goal you have that you're afraid to admit?
15. What's a physical place where you feel most at ease and like yourself?
16. If you could wave a magic wand and make one thing easier in our lives, what would it be?
17. What would you like more of in your life in the next six months?
18. What images come to your mind and emotions come to your body when you think about the future?
19. If someone mailed you \$10,000 tomorrow and you had to spend it in a way that would make you happy, what would you do?
20. What's one way I can help you feel more confident in reaching your goals?

BONUS

1. What's something that you've struggled to accept about yourself?
2. What's something that you get self-conscious about around me?
3. What is one fear you have about getting older?
4. What kind of physical touch from me makes you feel the best?
5. What is the most important priority in your life right now?



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AND EMOTIONAL HEALTH, CHECK OUT
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