

# Couples Coaching Questions

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## Purpose

This tool provides coaches with empowering questions that can be used with couples who are preparing for marriage. Many of these questions can be used with couples at different times in their relationship as well.

## Benefits

Coaching couples around relationships are multidimensional and can be complex. This list of questions provides insights to explore various aspects of a relationship that is preparing for marriage.

## Use of this Tool

Coaches may either use these questions to prepare for a coaching session or assign them to clients and discuss during the session.

## Who we are, why we love

1. If I had to say in one sentence who my partner is, I would say ...
2. Why do I want to spend my life with them?
3. What makes me hopeful about our future together is ...
4. What really works well about us and our life together is ...
5. If I were to change something about them, it would be ...
6. I would change this because ...
7. Things that don't work as well as I wish in our relationship are ...
8. What causes me anxiety about our future together is ...

## Issues of anger

1. When we argue, it is usually about ...
2. When I get angry, I tend to ...
3. When my partner gets angry, I feel ...
4. When my partner gets angry, they tend to ...
5. How easy do I find it to forgive my partner? ...
6. What are the hardest things to let go of? ...
7. How well does the way I express my anger work in our relationship? ...
8. How well does the way my partner expresses anger work in our relationship?

## Inheritance

1. What was really good about my parents' relationship?
2. What could have been better in my parents' relationship?
3. What went right in previous relationships?
4. What would I want to do differently from previous relationships?
5. What have I learned as a result of previous relationships?

## Faith

1. How do I experience the Sacred (however you define the Sacred) in my relationship with my partner?
2. How similar is our faith (however you define faith)?
3. How similar are our beliefs about what it means to be a good person?
4. How do we deal with our differences of belief?
5. How is my faith developing because of this relationship?

## Sex

1. How comfortably do we talk about sex?
2. How often do we talk about sex?
3. What erotic preferences do I have that are different from my partner?
4. What erotic preferences does my partner have that are different from my own?
5. What are the growth areas in our intimate expression for each other?

## Children

1. What differences of opinion might there be between us about:
  - a. whether to have children?
  - b. how many we might like to have?
  - c. whether to have them right away?
  - d. how long to wait?
2. If we do not agree about the matter of children, how are we dealing with this disagreement?

## Money

1. How comfortably do we talk about money?
2. How often is money a topic of conversation?
3. In what circumstances does it come up?
4. How are my attitudes about money similar and different?
5. How are our saving/spending habits similar and different?
6. How are we going to manage the financial aspect of our relationship?

## Other questions

1. In what ways does work impact the quality of our relationship?
2. What do we do together for fun?
3. What new things have I learned how to do from my partner?

4. What balance do I like between time alone, time with my partner, and time with our friends (separately and together)?
5. How well does this work with the balance that my partner prefers?
6. How does my partner like my friends?
7. How do I like my partner's friends?
8. What secrets do I have that I would not want my partner to find out about?
9. If I only had an hour left in my life to talk with my partner about what really mattered to me, I would say...

**Credit:** The concepts inherent in this article are the author's interpretation of materials issued by iPEC®.