

# Using Empowering, Exploratory Questions to Deepen Connection in Couples Coaching

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As an iPEC® coach, you are well trained in the art of asking empowering questions but what happens when a couple shows up for a session unprepared with a topic?

"Gee coach, we can't think of what we want to work on. We're open to suggestions!" Or, "We've really come a long way, but we're still struggling to connect spiritually and emotionally. We don't talk about anything other than work and the kids."

I've developed a list of questions that you can use for either scenario and so many more!

You want to get a buy-in from your clients and see what works best for them. I typically frame this as a fun game where I ask random, thought-provoking questions, and we see where it leads! Truly, this may be a lot of fun for you and your clients and it's highly likely you'll encounter some very coachable moments as your clients share their answers. Your clients might be surprised by the gremlins, assumptions, interpretations, and limiting beliefs that come up based on the shared answers. When you follow those leads, you can hold space for your clients to experience breakthroughs in their relationship with one another and themselves!

Review the questions below and have fun with your own intuition. When using the list during a session, which questions stand out? Which questions pique your curiosity? What patterns do you notice between your clients' current responses and those covered in previous coaching sessions? If something is coming up for your clients, they may want to explore it now or make a note for a future session. There are many coaching possibilities and opportunities to personalize your approach to using these questions.

If you have clients who enjoy homework assignments, these questions are a great way to create more intimacy and connection in their relationship. Our clients are prone to getting caught up in day to day schedules and responsibilities and might be used to simply going through the motions. You can help them rediscover their connection and rekindle the spark within each

moment. Imagine your clients snuggling up after a long day or out on a dinner date using this list of conversation starters to explore their love in a new light. Ask them to make notes of any insights they'd like to share during their next session!

## Empowering Questions to Deepen Any Couple's Relationship

- What was your first impression of one another?
- What does your significant other do that drives you crazy but is by no means a "deal breaker?"
- What quirk does your partner have that you find adorable, endearing, unique, etc.?
- If you had to assign one word to describe the current state of your relationship, what would that word be?
- What is your top relationship goal?
- How would you describe your ideal relationship?
- What do you admire most about your partner?
- What do you admire most about yourself?
- In what ways does your partner show his or her love for you?
- How do you show love to your partner?
- What are some of the implicit or indirect signals you send to your partner, hoping they'll catch on and be responsive towards your needs or desires?
- What stops you from directly communicating those needs or desires?
- What needs or desires do you feel most comfortable communicating?
- What unmet desires do you have?
- On a scale of 1-10, how satisfied are you with your ability to tune in and respond to one another's needs?
- Where do you see your relationship in 10 years?

- Imagine you're 78 years old and still together, what advice would you give to your younger selves?
- What area do you believe your partner has the most room for growth?
- What area do you believe is your biggest opportunity for growth?
- What area in your relationship has the greatest room for growth? How would the answers to the previous two questions potentially influence your relationship growth?
- How do you support your partner's personal growth?
- What does your partner do to support your personal growth?
- How do you show your love and respect for your partner's individuality?
- How do you honor your own individuality?
- In what ways have you grown since the beginning of your relationship?
- In what ways has your partner grown since the beginning of your relationship?
- In what ways has your relationship with one another evolved?
- How would you like to see your relationship continue to evolve?
- What's your biggest fear regarding your relationship?
- What's your partner's biggest fear regarding your relationship?
- What's the biggest obstacle you've overcome together?
- What are your relationship strengths?
- What are your partner's relationship strengths?
- What are some of the ways you and your partner complement one another?
- What are some of the ways your personalities clash?
- If money weren't an issue, what would you do with your time?
- Regarding the previous question, what would you feel more of and what would you feel less of if you were spending your time that way? What can you do right now to begin to feel that way in your current life?
- Do you have any regrets? What are they?
- If you could go back and relive any moment from your relationship, what would it be and why?

- If your “pre-relationship self” were to observe a day in your current relationship, would he or she be excited about the future, or would he/she be disappointed?
- What’s the best relationship advice you’ve ever been given?
- What relationship advice would you give to someone else?
- What person outside of your relationship do you admire the most and why?
- What have past relationships taught you about yourself?
- What makes you jealous?
- What does your partner do that makes you feel safe?
- What do you wish your partner more thoroughly understood about you?
- On a scale of 1-10, how satisfied are you with the division of chores?
- What are your beliefs about the meaning of life?
- What ways do you connect with this meaning through your relationship?
- If you could adopt a new family tradition, what would it be?
- How do you and your partner celebrate your love?
- What are your favorite ways to stay connected when you’re both super busy?
- What’s your ideal date night?
- What are your hobbies? Do you do any of these hobbies with your partner?
- On a scale of 1-10, how attracted do you think your partner is to you?
- What does romance mean to you?
- In what ways does romance show up in your relationship?
- What does intimacy mean to you?
- What can you do to deepen your relationship intimacy?
- What relationship conflict do you seem to experience on repeat?
- How important is it to you to resolve this conflict?
- How do you and your partner approach conflict?
- What’s your ideal conflict-resolution style?
- In what ways do you connect with your individual sexuality?
- Where do you have room to improve your sexual connection with yourself?

- Where do you have room to improve your sexual connection with your partner?
- What are some of the ways you like to flirt with one another?
- How would you describe your relationship with money?
- In what ways does your relationship with money show up in your relationship with your partner?
- If you could take a class on any subject in the world, what would it be?
- What would you like to do more of together?
- What would you like to do less of together?
- If you are parents—what are your parenting strengths? Weaknesses? What are your partner's?
- Do your parenting styles ever cause any relationship conflict? What does that look like?
- What do you want your kids to learn about relationships through observing yours?
- What would you say your kids have learned so far?
- What values do you want to instill into your kids? What are your family values?
- If you want to become parents, what are you most excited about? What do you think you and your partner will each excel at as far as parenting goes?
- If you're struggling to become parents, how do you support one another through the emotional toll? What outside support do you currently have in place or might you need?
- What does your partner unknowingly do that you find sexy?
- What are your communication strengths? Weaknesses? Your partner's?
- Of your partner's friends, who is your favorite and why?
- What's your favorite meal to cook together?
- What's your favorite way to exercise together?
- What health issues might be affecting your relationship?
- If you could disappear to anywhere in the world together, where would you go?
- What goal would you like to accomplish between now and this time next year?
- What feelings do you associate with relationship fulfillment?

- What kind of person are you: the meticulous planner, the general planner, the follower, or the spontaneous fly-the-seat-of-your-pants person?
- How does the answer to the previous question show up in your relationship?
- If you were to give your relationship a motto, what would it be?
- If your relationship were to be made into a movie or tv series, what would the title be?
- What couple do you admire the most and why?
- What dream or vision have you not shared with your partner?
- What's your favorite mundane activity to do together?
- What's your favorite novel activity to do together?
- What does your partner do to make you laugh?
- What does your partner do to support you when you're down?
- What do you do to support your partner when they're down?
- Who's the bigger nurturer? In what ways do you nurture differently?
- Imagine your parents are getting to that age where they need to be cared for—what kind of plan do you and your partner come up with?
- Describe your emotional intelligence.
- Describe your partner's emotional intelligence.
- What body part of your partner is your favorite?
- What's your favorite outfit to wear for your partner?
- What outfit do you most love to see your partner wear?
- What do you imagine your partner being like in 10 years from now?
- What do you imagine yourself being like in 10 years from now?
- If you could do anything in the world together, what would it be?
- What is a goal that you share together?
- What are your relationship deal breakers?
- In what ways might you be enabling one another to stay stuck in conditioned patterns that are no longer serving you?
- When do you feel most connected to one another?

- When do you feel most disconnected?
- In what ways do you feel your partner judges you?
- In what ways do you judge your partner?
- In what ways do you and your partner show unconditional love and acceptance?
- What opportunity have you passed up for your relationship and why did you choose to let it go?
- What current opportunity do you have?
- What does your partner do to support your opportunities?
- In what ways does your partner inspire you?
- Are you a morning or night person? How does this show up in your relationship?
- What song does your partner like that surprises you?
- Is there something you're too shy or embarrassed to discuss with your partner?
- Are there any off-limits topics between the two of you?
- What is your level of comfort in having difficult discussions with your partner?
- Imagine you just got fired/lost your job. What is your partner's reaction?
- In what ways would you like to be more spontaneous in showing affection toward one another?
- What thing in your life has had the greatest impact on your partner?
- Are you more of a truth person or a dare person?
- What effect does your living environment have on your relationship?
- How satisfied are you with the time you each spend nurturing other friendships?
- In what ways do your relationships with family influence your relationship with one another?
- What does your self-care routine look like? How does self-care contribute to your ability to care for others?
- What song describes your current relationship?

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