



DEEPEN

YOUR
RELATIONSHIP

Answer One Question Each Day

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This journal belongs to

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Couples Journal is simply writing down your thoughts and feelings to understand each other more clearly.

Many marriage therapists recommend journaling as a means of cultivating closeness.

Answer One Question Each Day

You don't have to write every day to make your couple's journal work.

In fact, you can agree to write just once a week.

Try starting out with a question and give your partner the day (or several days) to answer.

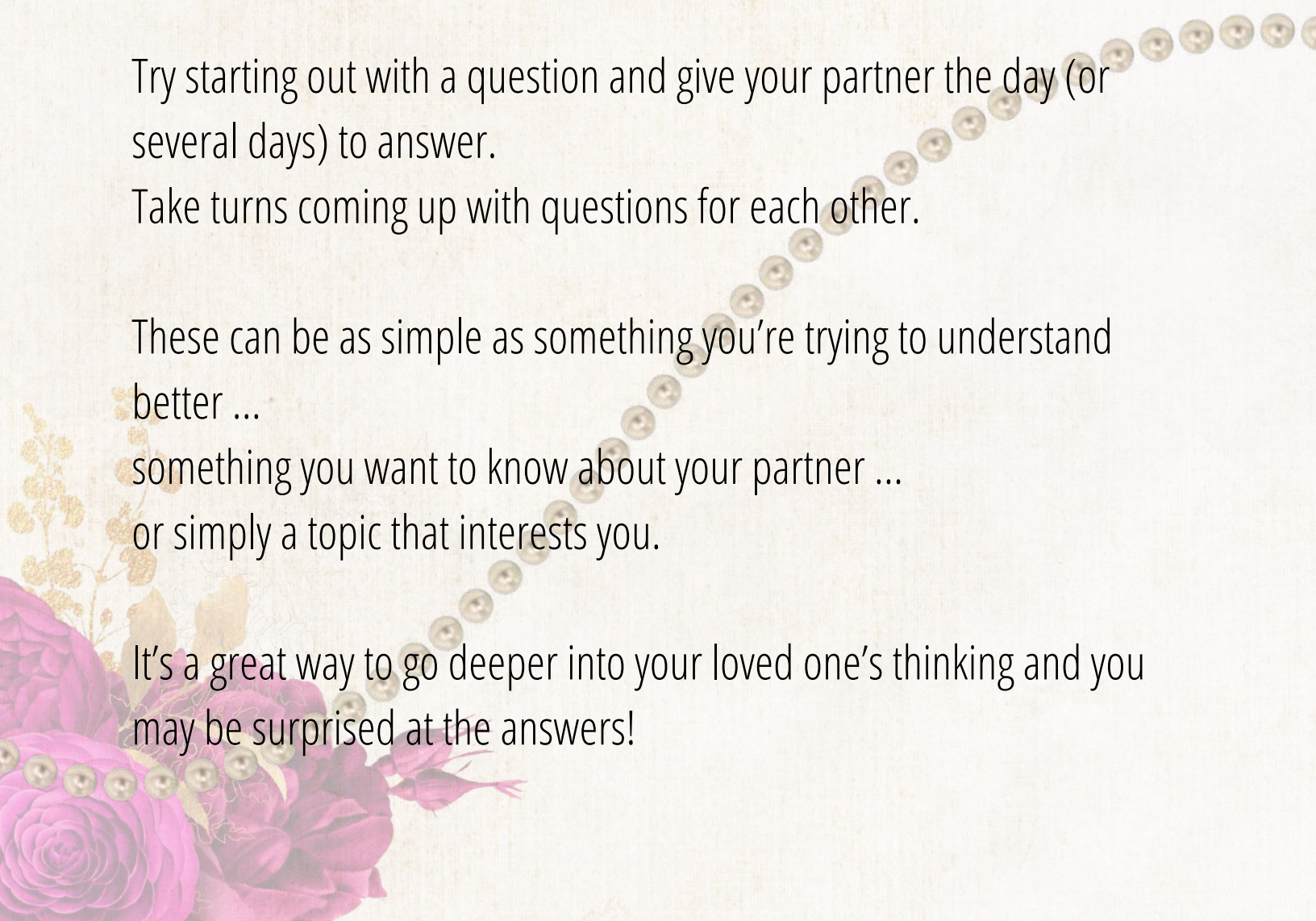
Take turns coming up with questions for each other.

These can be as simple as something you're trying to understand better ...

something you want to know about your partner ...

or simply a topic that interests you.

It's a great way to go deeper into your loved one's thinking and you may be surprised at the answers!



How can I best support you when you are having a difficult day?

How can I help you to spend quality time?



What goals do you have as an individual?

How do I best encourage you on that journey?



What do you see as your biggest weakness?

What do you see as your greatest strength?



How do you envision the future with your partner?

What makes you feel seen and heard?



Does competitive nature ever impact our relationship from either one of us?

How do you see yourself as an individual vs in this partnership?



How do you spend holidays?

What traditions do you want to continue lifelong?



How do you take the time for personal self-care?

What qualities do you admire in yourself?



Have you ever felt hurt by me and it hasn't been resolved?

How can we continue to take time for each other in our week?



What does happiness mean to you?

What is your favorite childhood memory?



How would you rate your feeling of happiness in life currently?

What is a pet peeve you have?



Which household task you can't stand and one you are willing to trade?

What do you need in your space to make it feel welcoming?



What do you feel about love?

What do you love about yourself?



what would be a perfect date night for you?

What is a fantasy of yours?



Do we spend enough time together in the week?

Do we spend enough time on our own in the week?



Is there an equal balance of responsibilities?

How do you feel our communication has been?



Do you think we make each other better people?

What is your favourite love language?



I hope this journal is helpful to identify what you value, what you need from, and what you want to change in your relationship.

Soulmate Reiki is another great way to improve your relationships. Soulmates can be anyone with whom we perfectly match vibrationally.

Also, you will find many simple techniques in SoulMate Reiki that can be applied to attract a romantic partner or strengthen your present relationship.

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