

Fifty Questions to Ask Your Spouse

Adapted from Faith Biblical Counseling Ministries

1. What are your 5 favorite foods, with the most favorite first?
2. What are your 5 favorite kinds of meals, with the most favorite first?
3. What are your 5 favorite desserts, with the most favorite first?
4. What are your 5 favorite restaurants, with the most favorite first?
5. What is your favorite color?
6. What are your 5 favorite hobbies, with the most favorite as first?
7. What are your 5 favorite recreations, with the most favorite as first?
8. What are your 5 favorite sources of reading, with the most favorite as first?
9. What gifts do you like to receive?
10. What is your favorite book(s) of the Bible? Why?
11. What is your favorite verse(s) of the Bible? Why?
12. What is your favorite song?
13. What makes you the most fulfilled or happiest as a man or a woman?
14. What makes you the most fulfilled or happiest as a husband or a wife?
15. What makes you the most fulfilled or happiest as a father or mother?
16. What makes you saddest as a man or a woman?
17. What makes you saddest as a husband or a wife?
18. What makes you saddest as a father or mother?
19. What do you fear the most?
20. What other fears do you have?
21. What do you look forward to the most?
22. How much sleep do you need?
23. What are your skills?
24. What do you think is your spiritual gift(s)?
25. What are your weaknesses?

26. What things (personal, home, car, etc.) need repairing?
27. With what chores and responsibilities do you like my help?
28. What caresses do you enjoy the most?
29. What caresses do you enjoy the least?
30. What action of mine provides you the greatest sexual pleasure?
31. What other things stimulate you sexually?
32. At what times do you need assurance of my love the most?
33. How might I show you that love?
34. What can I do to make it easier to discuss and work on areas that are uncomfortable to you?
35. What concerns do you have that I do not seem interested in?
36. What things do I do that irritate you?
37. What desires do you have that we haven't discussed?
38. What do you enjoy doing with me, with the most enjoyable as first?
39. What things can I do that show my appreciation of you?
40. What varying desires (spiritual, physical, emotional, intellectual, social, worth, appreciation, recreation, security, etc.) would you like me to provide?
41. In what ways would you like me to protect you (physically, spiritually, socially, emotionally)?
42. In what ways would you like me to sacrifice for you?
43. What things do you think are first in my life? As you look at me what do you see?
44. What implied or unspoken desires and wishes of yours would you like for me to fulfill?
45. What concerns and interests of yours would you like me to support?
46. How much time would be good for us to spend together each day?
47. How might I help motivate you and our children to use your skills and develop your abilities?
48. What can I do to comfort and encourage you when you are hurt, fearful, anxious, or worried?
49. What personal habits do I have that you would like changed?
50. What ways demonstrate to you that you are a very important person to me