

# CURIOSITY

## HEALED THE CAT - DATE NIGHT QUESTIONS



### CURIOSITY QUESTIONS THAT HELP YOU MOVE FORWARD

- PICK 1 OR 2 QUESTIONS. DON'T TRY TO DO THEM ALL IN ONE GO.
- ASK DURING SOMETHING LOW-STAKES (E.G. WALK, DRIVE, FOLDING LAUNDRY)
- DON'T CORRECT OR DEFEND THE ANSWER. JUST RECEIVE IT.

If it feels awkward, that's okay. The goal is connection, not perfection. Let "studying your partner" become a form of playful reconnection, not interrogation. Don't ask to trap or test. Ask to connect.

Ask because you want to learn something new about them, not to prove something you think you already know.

### WARM & DISARMING

THESE ARE GENTLE ENOUGH TO BREAK THE ICE WITHOUT DIGGING INTO PAIN POINTS.

1. "What's one memory of us that always makes you smile?"
2. "What's something small that makes you feel close to me?"
3. "What's something you love seeing me do?"
4. "If we had a totally free day together, no kids, no work, what would you want to do?"
5. "What's something we used to enjoy together that we haven't done in a while?"

### PLAYFUL & LIGHT

GREAT FOR COUPLES WHO NEED TO INTERRUPT THE TENSION AND BRING BACK A SENSE OF FUN.

1. "What would we be like as a couple on a reality TV show?"
2. "If we could teleport anywhere for dinner tonight, where would we go?"
3. "What's your dream date that costs less than \$20?"
4. "What's a silly or random tradition we should start just for us?"
5. "If we were animated characters, what kind of cartoon would we be in?"
6. "If we had to switch lives for a day, what would you find hardest?"

### REFLECTIVE & FORWARD-FOCUSED

THESE HELP BUILD VISION WITHOUT DIVING INTO PAIN OR BLAME

1. "What's one small change we could make this month that would help us feel more connected?"
2. "What's something you'd love more of in our relationship?"
3. "When do you feel most like us?"
4. "What's something we do well as a couple, even when life is nuts?"
5. "What's something that's been making life feel a bit heavy lately and what could we do to lighten it?"