

## **The Couple's Retreat Questions**

### ***Past Year***

1. What were the highlights?
2. What were the lowlights?
3. How did we do as parents?
4. How did our relationship change?
5. How did we change as people?
6. What accomplishment are you most proud of from the past year?
7. What made you feel most insecure?
8. Name one way you think I changed for the better?
9. Were there any negative changes you saw in me?
10. What made you most proud of me?

### ***Upcoming Year***

1. How do we want to grow together?
2. What would we like to set as goals for our relationship?
3. What are our goals for our kids?
4. What do we want to make sure we do together?
5. What are you looking forward to the most?
6. What are you apprehensive about?
7. What do we want to be saying next year at this time about last year?
8. What do you want to learn more about this year?
9. How do you want to grow professionally?
10. How can I improve as a parent?

### ***General Relationship Questions***

1. What can I do to be a better spouse?
2. What is one thing I do that annoys you that I can fix?
3. What is one thing you admire about me?
4. How is our sex life?
5. What is one unfulfilled fantasy of yours?
6. What is one thing I do for you sexually that you really like and want me to continue?
7. What is one thing about you that I do not know?
8. How do you feel about the balance in our life? What would you like to do more/less of?
9. What is one thing you could thank me for but you haven't done so yet?
10. What is one thing I do that makes you feel special or loved?