

## Explorative Relationship Questionnaire

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*The following questions are aimed at exploring your partner's thoughts and feelings regarding certain dimensions of their lives as well as aspects concerning your relationship. It is important to note beforehand that these questions may elicit some strong emotional responses. These possible emotional responses should be handled with care and respect. If the emotions are experienced as too overwhelming stop and take a break, continue working through the questions at a later stage. It is important that you work through all the questions. It is recommended that you choose the time and place to work through these questions carefully. Try and listen to your partner's responses without interrupting him/her. Be careful to give your own opinion and try and understand your partner's experience. Each partner must have a copy of the question schedule and make notes on their partner's responses. These notes can be used to reflect on later and to identify and address problem areas in your relationship.*

### Interpersonal Dimension (relationships)

#### OUR RELATIONSHIP

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1. What was your first impression of me when we met?
2. Which personality qualities attracted you to me at first?
3. What is your idea of a truly romantic evening?
4. If I promise not to get upset, can you tell me something that you'd like to change in me but don't have the nerve to tell me?
5. If our relationship doesn't work out, do you think we can remain friends? If no, why not?
6. What is your favourite memory of dating me?
7. When was the last time you thought about me in a positive way?
8. What is your favourite thing that I do for you?
9. Do you ever wish I could read your mind? When?
10. What things about me make you know I'm the one for you?
11. Do you ever get jealous if you see me talking to other attractive people?
12. Do you ever dream about me?
13. What do you think we need to work on the most in our relationship?
14. If you got sick, do you think I would be there to care for you?
15. Do you believe that I love you?
16. When did you know you wanted to kiss me?
17. What's your favourite non-sex activity that we do together?
18. Which significant other before me had the biggest impact on you?
19. What is your favourite thing I ever did for a special occasion for you?

20. What is something I could do to make you trust me even more?
21. What can I do to make sure you feel safe with me?
22. When we hang out with friends, do I make you feel like you're still my priority?
23. When we are with my family, do I make you feel like you're still my priority?
24. Do you have any deal-breakers, things that would make you seriously reconsider our relationship?
25. What did you learn about marriage from your parents?
26. What's a question you've never asked me?
27. What do you need from me right now?
28. How do I express my anger and conflict?
29. Do you think I'm more of an optimist, a pessimist, or a realist?
30. Do I treat you with respect?
31. Do you trust me?
32. What are you looking forward to today, this week and this month?
33. Am I being a good spouse to you?
34. Do you think we communicate successfully? Why or why not?
35. What are three things that I do that you couldn't live without?
36. How do you know that I love you?
37. Do you have enough 'me' time in our relationship?
38. Do we spend enough quality time together?
39. Do you feel that I take my stress out on you?
40. How would you define quality time in a relationship?
41. What upsets you most in our relationship and what makes you the happiest?
42. What was your favourite date night we ever had?
43. What is the best thing about our relationship?
44. What can we do practically to improve our relationship?

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#### RELATIONSHIP WITH FAMILY

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45. Which of your parents did you go to when you wanted to talk?
46. What did you learn about physical affection from your parents?
47. Who's the closest person to you in your extended family?
48. Who are you closer to – your mum/dad - and why?
49. Which of your parents are you most like?
50. What's your favourite memory with your mom?

51. What's your favourite memory with your dad?
52. As a child, did you trust both of your parents?
53. How is your current relationship with your siblings?
54. Are there any unresolved issues with your family?
55. Does your family have a negative or positive impact on our relationship?
56. What can I do to help you feel more content in this aspect of your life?

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#### RELATIONSHIP WITH THE CHILDREN

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57. Which of our kids are most like you?
58. Do you feel that we agree on how we discipline our kids?
59. How did your siblings shape who you are?

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#### RELATIONSHIP WITH FRIENDS

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60. What are the qualities that draw you to people that you can base a friendship on?
61. Who is your best friend/s?
62. Do you feel you can talk openly to your friends about your feelings?
63. Do you think your friendships changed who you are?
64. Can you be 'real' when you are with your friends?
65. Which of your friends is most like you?
66. What can I do to help you feel more content in this aspect of your life?

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#### RELATIONSHIP WITH COLLEAGUES

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67. Who do you get along best with at work?
68. Can you trust the people you work with?

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#### INTRAPERSONAL DIMENSION (HOPES, DREAMS, FEARS, ASPIRATIONS)

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69. What are your personal goals in life?
70. What is your dream travel destination and why?
71. Tell me about your happiest childhood memory?
72. What has been your scariest dream?
73. Which has been your most frequently recurring dream?
74. Which has been the best decision you ever made?

75. Which is the decision you regret the most?
76. Can you narrate to me your proudest moment?
77. What are your most important and valuable personal possessions?
78. What was the most embarrassing thing that ever happened to you?
79. Your favourite song of all times and why?
80. Tell me about your saddest childhood memory?
81. Who was your favourite teacher when you were a child?
82. What is your perception of how people see you?
83. If you could go back in time to your teenage self, what two words would you say?
84. Can you think of something you craved for when you were young and were denied?
85. Have you ever found yourself attracted to someone of the same sex?
86. When do you feel the most protected and taken care of?
87. What is your favourite book?
88. What was your first favourite movie, as a child?
89. What do you want to do when you retire?
90. Do you ever picture having grandchildren?
91. Did you like high school or primary school better?
92. What's the happiest you ever felt?
93. What's the most anxious you ever felt?
94. What's the angriest you ever felt?
95. What are your secret thoughts when you see me at the end of the day?
96. What's your favourite personality trait of your own?
97. If you could change one thing about yourself what would you change?
98. If I spent a typical day in your shoes, describe what I would experience.
99. What would you do in life if money weren't an issue?
100. If you could have three wishes, what would you wish for?
101. What is your greatest fear?
102. What is the best thing that has ever happened to you?
103. Do you ever compare yourself to other people?
104. Are you an optimist, a pessimist, or a realist?
105. As a teenager, did you ever rebel against your parents?
106. If you could go back in time, what age would you be again?
107. If you could see into the future, what would you want to know?

108. What's your greatest talent?
109. What is your most unique trait?
110. Do you think of yourself as an introvert or an extrovert?
111. Have you ever gotten really obsessed with some topic?
112. Did you collect stuff as a child?
113. What's the most scared you ever felt, as a child?
114. What's the accomplishment you are most proud of?
115. What do you think about couples who are married but live in different cities?
116. When you were a child/teenager, did you feel that you fitted in?
117. Were you bullied as a child?
118. What can I do to help you feel more okay with who you are?

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#### OCCUPATIONAL DIMENSION (WORK LIFE, FINANCES)

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119. If you weren't in the profession you are, what would be your other dream profession and why?
120. What's another career that you think you would love?
121. Did you ever consider a totally different career path?
122. What was your dream career as a kid?
123. On a scale from 1 to 10 how satisfied are you with your current career (1 being unsatisfied and 10 being extremely satisfied).
124. Where would you like to be in terms of your career within the next 5 to 10 years?
125. How did you end up in your current career?
126. What do you enjoy about your career?
127. What frustrates you in your current work?
128. Is there any study programme or course that you would like to attend?
129. At what age would you like to retire?
130. Describe a manager / leader that inspired you (what qualities made them so effective?).
131. What was your worst job (why?)
132. Do you feel you are making a difference in your current job?
133. Do you find meaning and purpose in your occupation?
134. Do you feel that I support you in your career?
135. What part of your job do you find most difficult?
136. What can I do to help you feel more content in this aspect of your life?

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**PHYSICAL DIMENSION (BODY IMAGE, SEXUALITY, HEALTH)**

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- 137. Do you feel physically healthy?
- 138. What is a chronic physical pain or discomfort you experience?
- 139. Do you like physical exercise?
- 140. Are you happy with your own body?
- 141. What would you like to change about your body? Why?
- 142. Which three parts of my body are your personal favourites and why?
- 143. What's my best physical feature?
- 144. What do you see as your best physical feature?
- 145. Are you happy with the frequency of our sex life?
- 146. Are you satisfied when we are intimate?
- 147. What's your favourite time of day to be intimate?
- 148. Do you like kissing or hugging more?
- 149. What is your favourite sexual fantasy?
- 150. What is your favourite sexual position?
- 151. Do you ever think about me sexually during the day?
- 152. What is your favourite sexual memory of us?
- 153. What can we do to better our sexual relationship?

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**SPIRITUAL DIMENSION**

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- 154. Do you believe in God?
- 155. What do you think happens to us when we die?
- 156. What brings you inner peace?
- 157. Who is your spiritual role model or mentor?
- 158. How do you understand other religions?
- 159. What does spirituality mean for you?
- 160. What are your spiritual goals?
- 161. How often do you pray?
- 162. Do you meditate?
- 163. Do you feel God's presence in your life?
- 164. Are you satisfied with your spiritual life?
- 165. What would you like to change about your spiritual life?

166. What can I do to help you feel more content in this aspect of your life?

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**INTELLECTUAL DIMENSION**

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167. Which is your favourite movie of all time and favourite scene in it? (If the other hasn't seen it, narrate in detail.)

168. Can you give me a mock session of how you would discuss sex education when you have a child?

169. Which topics do you find intellectually stimulating?

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**REFLECTING ON THE QUESTIONNAIRE**

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What have you learnt about me through this Interview?

What can you take away from this interview to better our relationship?

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