



### Mindful Couple Questions

Complete the following sentences with the first thing that comes to mind:

1) My goal in life is \_\_\_\_\_.

2) The thing than give me the most satisfaction is \_\_\_\_\_.

3) My childhood was \_\_\_\_\_.

4) I think sex is \_\_\_\_\_.

5) When I make love, I prefer \_\_\_\_\_.

6) My deepest fear is \_\_\_\_\_.

7) My deepest need is \_\_\_\_\_.

8) My most frequent feeling is \_\_\_\_\_.

9) The thing I hate most is \_\_\_\_\_.

10) I worry most about \_\_\_\_\_.

11) My goals for a primary relationship are \_\_\_\_\_.

12) My reasons for wanting a primary relationship are \_\_\_\_\_.

13) I think my relationship has been \_\_\_\_\_.

14) Three things about myself I want to change are:

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15) I fantasize about \_\_\_\_\_.

16) I feel anger when \_\_\_\_\_.

17) I think I am \_\_\_\_\_.



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Complete the following sentences with the first thing that comes to mind:

- 18) My highest value is \_\_\_\_\_.
- 19) I think spending money on \_\_\_\_\_ is foolish and wasteful.
- 20) A nude body is \_\_\_\_\_.
- 21) My most frequent pleasure is \_\_\_\_\_.
- 22) I am happiest when \_\_\_\_\_.
- 23) When a man makes love, he should \_\_\_\_\_.
- 24) Your body should always be \_\_\_\_\_.
- 25) To me, work is \_\_\_\_\_.
- 26) In general, I view life as \_\_\_\_\_.
- 27) When I go to a party, \_\_\_\_\_.
- 28) Women's bodies are \_\_\_\_\_.
- 29) My idea of a dream career is \_\_\_\_\_.
- 30) The person I admire most is \_\_\_\_\_.
- 31) To me, death \_\_\_\_\_.
- 32) I think war is \_\_\_\_\_.
- 33) I have no use for people who \_\_\_\_\_.
- 34) I am afraid of \_\_\_\_\_.
- 35) When someone is rude to me \_\_\_\_\_.
- 36) I can't understand people who believe \_\_\_\_\_.
- 37) Men's bodies are \_\_\_\_\_.



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Complete the following sentences with the first thing that comes to mind:

38) In general, I think my strengths are: \_\_\_\_\_

\_\_\_\_\_

39) After making love, a man \_\_\_\_\_

40) My weaknesses are \_\_\_\_\_

\_\_\_\_\_

41) My view of money is \_\_\_\_\_

42) To me, children are \_\_\_\_\_

43) Parents are \_\_\_\_\_

44) Married life is \_\_\_\_\_

45) I am envious of \_\_\_\_\_

46) I wish \_\_\_\_\_

47) My dream vacation is \_\_\_\_\_

48) I have the most fun \_\_\_\_\_

49) I take great pleasure in \_\_\_\_\_

50) My favorite sport is \_\_\_\_\_

51) What disgusts me is \_\_\_\_\_

52) I think retirement \_\_\_\_\_

53) Many of my dreams are about \_\_\_\_\_

54) When I am afraid, I \_\_\_\_\_

55) When I see couples kissing in public, I \_\_\_\_\_



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Complete the following sentences with the first thing that comes to mind:

56) Regarding a man's orgasm, a woman \_\_\_\_\_.

57) When I fall in love, I \_\_\_\_\_.

58) When I have spare time, I \_\_\_\_\_.

59) I can't stand it when a man \_\_\_\_\_.

60) I think touching \_\_\_\_\_.

61) Religion for me \_\_\_\_\_.

62) Child rearing, in my mind, \_\_\_\_\_.

63) I thin God \_\_\_\_\_.

64) What I want when I get sick is \_\_\_\_\_.

65) I can't stand it when a woman \_\_\_\_\_.

66) Discipline \_\_\_\_\_.

67) The thing that bothers me most about my body is \_\_\_\_\_.

68) When I die, I \_\_\_\_\_.

69) What hurts me most \_\_\_\_\_.

70) My parents \_\_\_\_\_.

71) I've never told anyone that I like \_\_\_\_\_.

72) In a long marriage, sex \_\_\_\_\_.

73) I like sex when \_\_\_\_\_.

74) Politics is \_\_\_\_\_.

75) Orgasms are \_\_\_\_\_.



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*Complete the following sentences with the first thing that comes to mind:*

76) The worst thing in life is \_\_\_\_\_.

77) The best thing in life is \_\_\_\_\_.

78) The way I feel about separate vacation is \_\_\_\_\_.

79) The first thing I notice about someone is \_\_\_\_\_.

80) I think marriage is \_\_\_\_\_.

81) My most shameful secret is \_\_\_\_\_.

82) In an argument, I \_\_\_\_\_.

83) To me, intimacy means \_\_\_\_\_.

84) Divorce is \_\_\_\_\_.

85) When I disagree with someone, I \_\_\_\_\_.

86) The thing I fear most about marriage is \_\_\_\_\_.

87) In-laws should \_\_\_\_\_.

88) The thing I hate most is \_\_\_\_\_.

89) What I most like about myself is \_\_\_\_\_.

90) The opposite sex is \_\_\_\_\_.

91) When someone is angry, I \_\_\_\_\_.

92) Women are \_\_\_\_\_.

93) Men are \_\_\_\_\_.

94) The best thing about the opposite sex is \_\_\_\_\_.

95) When I am angry, I \_\_\_\_\_.



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*Complete the following sentences with the first thing that comes to mind:*

96) Talking about sex is \_\_\_\_\_.

97) The worst thing about the opposite sex is \_\_\_\_\_.

98) What I hate most in anyone is \_\_\_\_\_.

99) What I admire most in other people is \_\_\_\_\_.

100) When I am my best self, I am \_\_\_\_\_.

101) When I am my worst self, I am \_\_\_\_\_.

102) People should \_\_\_\_\_.

103) When I grow old \_\_\_\_\_.

104) My worst experience in life was \_\_\_\_\_.

105) Love is \_\_\_\_\_.

106) To me, dating \_\_\_\_\_.

107) "Till death do us part" means \_\_\_\_\_.

108) Falling in love is \_\_\_\_\_.