

Our Favorite *Marriage*
Questions to Ask
Each Other When
You Are Ready
For a Deeper
Connection



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Tandem Marriage

The Power of a Great Question.

We first came to understand the power of an intentional and well-worded question as youth pastors nearly 25 years ago. Merely tell a person some information and they might just yawn at you, but when you engage them with a great question, you will have captured their attention. A good question sort of forces someone's brain to turn on!

The point with any good question is not merely to promote dialog between two or more people, but to lay the problem or challenge squarely at the feet of the one being asked for the purpose of making them think and helping you to learn how they think.

These kinds of questions are truly a lost art in a culture where everyone seems to shout their half-baked opinions on social media while maintaining the ability to delete any responses (anything slightly resembling communication) that they don't like or don't agree with. We have essentially trained ourselves in the art of never needing to engage in deep and meaningful conversations with a question. This is tragic.

The Power of a Great Question (cont.)

Listed below are some of the questions that will help you have a better, deeper, and longer-lasting marriage if you are intentional enough to have conversations about them. When we talk about conversations, we are talking about the ability to both talk and listen. Remember that we have two ears, but only one mouth. If there were a practical reason for humans to have two ears, but only one mouth, what would it be? Think about it.

By the way, what we just did was ask you to wrestle with a question of some importance rather than to merely tell you the answer. Was our approach with that question effective? Did it slow you down and make you think?

Lastly, our work with couples for over 30 years has taught us that most spouses talk too much and listen too little. This is even more true as couples get escalated in a misunderstanding or conflict.

How about you and your spouse. Do one or both of you talk too much, which cuts into your ability to listen well? Would learning to talk less and listen more help you to get more out of asking your spouse a great question?

Every Couple Struggles With Communication at Some Point.

1. Sometimes when we are talking with each other, I don't quite understand what you are trying to tell me. What is the best way to ask for clarification without offending you?
2. It seems like there are good times for us to talk about challenging issues and other times that are not good. For you, what are the best times to talk about difficult topics?
3. What is the best way for me to validate the things that you are trying to communicate to me?
4. Does it feel safe for you to open up with me? Sometimes? Often? Why or why not?





Conflict

Conflict, If Not Resolved Well, Will Make You Both Miserable.

1. It is never my intention to push your buttons in the middle of a conflict. Nonetheless, I do sometimes. Can you help me to understand what I could be doing differently?
2. During any conflict, we need to learn how to de-escalate better so things do not ramp-up out of control. What can I do to help you feel safe, feel well-loved, and feel heard so we do not escalate during a conflict?
3. When one of us is starting to feel frustrated and escalated during a difficult conversation, is there something we can do, like take a 10-minute walk, that would help us to get back on track?
4. What is one thing I could do that would help to reassure you when conflict between us is escalating?





Most Tension In A Marriage Is The Result Of Differences Not Handled Well.

1. I know we have differences What is one of my differences that bothers you and is there something I can do so it bothers you less?
2. I would love to start seeing our differences as complementary. Can we talk through a few ways to do that?
3. One of the reasons I fell in love with you was over the way you _____ differently than me? What is one of my differences that made you fall in love with me?
4. Do you think our differences were meant to tear us apart or to bring us together?





Intimacy

Sex Can Be The Fire That Warms Your Home Or The Match That Burns It Down

1. What is something I do that makes you feel deeply loved?
2. What does it mean to you to be fully known and fully loved?
3. Do you like to flirt and be playful in ways that can be sexual at times?
4. Have I ever done anything sexually that hurt you either physically or emotionally?
5. I want to share my favorite intimate experience with you. It was the time whe we _____.
6. What is more important you you, sexual touch or non-sexual touch, and why?

