

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



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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. 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 I just did was ask you to to wrestle with a question of some importance rather than to merely tell you the answer. Was my approach with that question effective?



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, 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 escalate 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?

