

**Dr. Tammy Nelson**

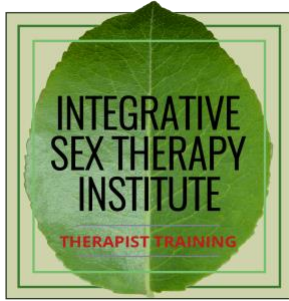
## **100 Questions to Ask To Create a New More Passionate Relationship**

This exercise can create more passion and aliveness in your relationship. Just have fun with it. Write your answers down or just share them out loud with your partner. Have your partner share their answers with you.

You can each repeat back what you hear, just mirroring and validating one another's answers. There's no need to take anything into action.

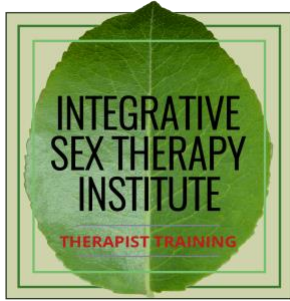
Listen, share, enjoy.

1. What is something you like about our relationship?
2. What is something you feel we do well together?
3. What is something you always wanted to say to me?
4. What is the answer to the question, "who are you?"
5. What can I say to you right now to make you feel loved?
6. What is the most fun you and I have ever had together?
7. What is something you would love to repeat in your life?
8. Can you name a food you absolutely detest?
9. Can you tell me one part of my body you totally adore?
10. Have you ever told someone you loved them (not including me?)
11. What is one thing you appreciate about me?
12. What is one thing you like about our sex life?
13. What is one thing you appreciate about my body?
14. What is one thing I do that make you desire me?
15. What is something I do that makes you feel sexy?
16. Where is your favorite place in the world?
17. What is one place you would love to visit someday?
18. Who is one of my friends you really don't like?
19. Why don't you like that friend?
20. Who is your favorite family member of mine?
21. If you could sleep with any movie or tv star, who would it be?



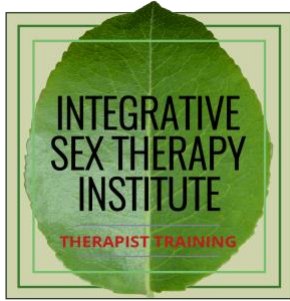
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22. Do you think you could fall in love with me if you met me today?
23. Have you ever masturbated thinking about me?
24. What is your favorite sexual position?
25. If there had to be a pet name for each of us what would they be?
26. What is one thing you like about yourself?
27. What is something that has happened in your life you've never told?
28. Can you roll your tongue or do something weird with your body?
29. Do you believe in aliens and why?
30. Have you ever had a visitation by a dead relative?
31. One thing you are truly grateful for:
32. One thing you can do to improve our relationship:
33. One thing you appreciate about this questionnaire:
34. What is more important to you, safety or challenge and why?
35. What is more important to you, trust or adventure and why?
36. What is your most important value in a relationship?
37. What are you most passionate about in life right now?
38. What comes first, family, work, love, or money?
39. Do you think you avoid conflict or go straight toward it?
40. Do you tend toward substance abuse or away from it?
41. Do you avoid drama or do you love chaos?
42. Tell me one embarrassing story from your childhood.
43. What made you an adorable child?
44. Tell me a story of a time when you were out of control.
45. Have you ever been afraid for your life?
46. What was the most exciting moment of your entire life?
47. Do you give in to your fear or do you fight it off?
48. Would you rather be invisible or be able to fly?
49. What is one thing that I do that gets in the way of our relationship?
50. What is one thing that you do that gets in the way of our relationship?
51. What is one that that you can do to feel closer to me?
52. What can I do to help you feel more connected to me?
53. How do I make you feel happy?
54. How do I make you feel loved?
55. What is one thing you can do to make me feel more loved?



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56. What do you feel like when you talk about your emotions?
57. Would you rather be the initiator of sex or the receiver?
58. One thing you appreciate about me sexually is?
59. One thing you always wanted to try is.....
60. I feel \_\_\_\_\_ about our date nights
61. My fear is that \_\_\_\_\_
62. What date night triggers in me is \_\_\_\_\_
63. I react to my fears by \_\_\_\_\_
64. I'm holding back in our relationship by \_\_\_\_\_
65. What I think I may trigger for you is \_\_\_\_\_
66. When I see you I feel \_\_\_\_\_
67. What I look forward to about our upcoming life together is \_\_\_\_\_
68. What excites me about our sex life is \_\_\_\_\_
69. One behavior I regret from my past is \_\_\_\_\_
70. One way you can help me to be a better person \_\_\_\_\_
71. One way I'd like to open our relationship
72. One thing I could never do in our open relationship, if we have one:
73. I could definitely watch you with someone else, yes or no, and why.
74. I would love to see you make love to someone, yes or no and why.
75. I am a jealous person, but if you wanted to date someone, that would be ok because?
76. I would never want you to date someone else because?
77. When I think of you with someone else I think:
78. What turns me on the most about opening our relationship is:
79. I never think about you with someone else, unless its with:
80. When I'm alone, I fantasize about:
81. The thing I feel most guilt about in our sex life is
82. Why I would want to have an additional partner in our sex life:
83. I could see us having a threesome with –
84. When I think about our old age I think we will be
85. I imagine we will have sex until we are \_\_\_\_ old
86. When I fantasize about you my favorite fantasy is:
87. I love when you touch me on:
88. I know you love it when I touch you on:
89. What I wish you would do more often in bed:



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90. What I want to do more often in bed but I'm afraid to do:
91. I want you to tell me more often what you like in bed, I imagine if you did:
92. When I hear you sigh or moan in bed I think:
93. When I see you take your clothes off the first thing that occurs to me is
94. When I touch your skin I think
95. Your touch on my skin makes me feel
96. What I love about making love to you is
97. What I get really turned on by is
98. What I wish I could ask you for is
99. When we are alone, all I want to do is
100. My favorite moment of all time with you was....