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QUESTIONS TO ASK

Communication is essential to relationships because it allows individuals to express themselves, understand each other, and build trust. To get you started, here are some questions to ask each other at the end of the day

When did you feel loved today?

What would you like to do differently tomorrow?

What got better for you today?

What did you read/watch today?

What challenges did you face today?

Tell me something that happened to you today?

What would you like to let go of today?

What things made you smile today?

How can I make your day easier right now?

If you could repeat any part of today what would it be?

How did you take care of yourself today?

What do you wish you did more of today?

When did you feel appreciated today?

When did you feel understood today?

What are you most excited about for tomorrow?

