

Love Maintain Your Friendship

One of the best things a couple can do for their relationship is to maintain their friendship throughout their relationship. Friendship is the foundation of any happy couple.

Sometimes this is easier said than done especially when the stress and business of life get in the way. A simple way to keep the friendship alive is to continue to know what's going on in your partner's life. Make sure you know your partner. One of the best ways to do this is to ask your love questions. Let's get this party started.

Intimacy Goblet Activity

What you'll need:



- Scissors
- List of questions (provided)
- A goblet (you can also use a bowl, jar, or whatever else you prefer)
- A cozy spot
- Background music
- Your partner and their attention
- A glass of wine (optional)



Take the list of questions and cut out each question so that it is by itself. Add the questions to your goblet. Grab your love, favorite drink, the goblet full of questions and find a cozy spot. Settle in with some background music. Leave your phones in a different room.

Then take turns drawing out a question to ask your partner. Listen to your partner as they answer the question. Take in what they are saying. You can ask a follow-up question if you would like. These are conversation starters to open up deeper conversation and connection.

Ask at least five questions each. Do this activity once a month. Each of you can add in questions as you think of them to add to the jar to make it even more personalized to fit your relationship.

Questions

- **Is there anything you would like to do more of now that you used to do when you were single?**
- **If you could go and see anything in the world, what would you go and see?**
- **What experience do you still want to have?**
- **If I gave you \$1,000 and you had to spend it on yourself, what would you buy?**
- **What concert would you like to go to? • What meal would you never want to eat?**
- **If I were to recreate any meal for you, what would it be?**
- **Do you want to have kids or any more kids?**
- **Are you happy?**
- **Where do you want to live?**
- **Are you missing anything from your life?**
- **Do you like your job?**
- **If you were to create a job for yourself, what would it be?**
- **If you could create an organization that made the world a better place, what would that organization be committed to doing?**
- **What is your favorite drink?**
- **What was the scariest moment of your life?**
- **When do you feel the safest?**
- **When do you feel the most secure?**
- **When do you feel the proudest of yourself?**
- **When do you feel like you are being yourself the most?**
- **Whom do you enjoy spending time with?**
- **Who builds you up?**
- **Is there anyone who tears you down?**
- **Whom do you have in your life that supports you?**
- **Have you given up on a dream?**
- **What dream are you still chasing?**
- **Do you have a “good side” when getting your picture taken?**
- **What ice cream flavor and brand or store do you enjoy the most?**
- **What kinds of touch do you like when we are being physically intimate? Firm, light or does it depend on the area?**

- **What is your preferred reading method? Paper books, hardbacks, e-books, or audiobooks?**
- **Tell me about a pivotal moment in your life.**
- **What is your favorite YouTube Channel?**
- **If there was one book or movie that you think everyone just had to watch, what would it be?**
- **Is there something you are not forgiving yourself for?**
- **What social media do you like the most and why?**
- **What type of clothing do you feel the most confidence in?**
- **Do you have a favorite form of exercise?**
- **When do I make you feel special?**
- **Tell me about your favorite moments with me.**
- **What is your favorite foreplay?**
- **Where do you never want to do it again?**
- **Is there something you would like me to add to our sexy time that I am not currently doing? Such as more caressing a specific area, pulling on something, more kissing to an area... you get the idea.**
- **What is something I could do to get you in the mood?**
- **What time of day do you like to be physically intimate?**
- **How do you like to hold hands?**
- **What is something that makes you laugh every time?**
- **If you could only eat three foods and there were no negative consequences, what would they be?**
- **What is something that annoys you that other people do that you haven't told me?**
- **What act of kindness touches your heart the most?**
- **If you could put one law into effect, what would it be?**
- **When do you feel the angriest? What helps you feel better when you are that angry?**
- **What do you find comforting when you are sad or disappointed?**
- **If you could pick one relative to never have to spend time with again, who would it be?**
- **When having sex or playing sexually, do you like the lights on or off?**
- **What is a fantasy you have that you would be willing to do with me?**
- **What kinds of underwear do you like me in?**

- **What kinds of things do you like to be spontaneous and what do you like to plan?**
- **If you could be anyone for a day, who would it be?**
- **If I were planning to surprise you on my way home from someplace, what would be nice? Examples: a bottle of wine, favorite dessert, flowers, movie, video game**
- **What temperature do you like your water?**
- **What is your favorite weather?**
- **Did you ever want to change your name?**
- **When do you feel sexy?**
- **Do you ever want to rip my clothes off (in a good way)?**
- **If you were a superhero, what bad guys would you fight and what three powers would you possess?**
- **What is your favorite scent in general and that you like me to wear? (this could be 2 different scents)**
- **What insecurity are you still battling?**
- **What insecurity have you been able to move past?**
- **If you could wave a magic wand, what would be different?**
- **If all of your basic needs were met, what would you be doing with your time?**
- **What is your dream gateway place?**
- **What store do you like to shop at the most? For fun and then for groceries?**
- **What is your favorite holiday?**
- **Is there a tradition would you like to let go?**
- **What tradition would you like to add to better our relationship?**
- **How can I support your dreams?**
- **What shampoo is your favorite?**
- **How do you think we could be healthier?**
- **Tell me about two people you admire most.**
- **If you had to move to a different country, which one would you pick?**
- **What do you admire most about yourself?**
- **What is your favorite compliment?**
- **What chore do you dislike the most?**
- **What chore do you enjoy doing?**
- **When do you feel loved?**
- **Tell me how you view spirituality and/or religion.**