

Leaning In - Worksheet

Being heard in a relationship creates bonds, intimacy and builds trust. Asking even one question to your significant other can make them feel the centre of your world. Try it, it's free.

What stresses are you facing right now?

How are you feeling today?

Can you tell me about the craziest thought you've had today?

What can I do to make things easier now/today/this week?

What can make you smile right now?

Can we spend a little time together now/today/this week?

What is one thing that went well today?

How would you like to start your morning?

What can I do to show you that I'm there for you?

Describe in detail what you did today?

What's something you've always wanted to do?

What's your favourite vacation together?

Describe for me your best weekend activity?

"and so together they built a life they loved"

