

10 Discussion Questions For Couples That Can Help Make You Happier

(yes, even when you're far apart)

1. What are three good things that happened today?
2. What is something you're grateful for today? Why?
3. What is something that has made you laugh or smile today/this week?
4. Describe two times today when you experienced positive emotions (e.g., happiness, joy, hope, affection, gratitude, surprise, confidence, admiration, and peace.)
5. Tell me about some good "relationship" time you've had lately with friends, family, or people you're getting to know. Who were you with? What did you do and talk about?
6. What part of your work or daily routine has felt the most meaningful and important to you lately?
7. When have you felt the most content to "be" in a moment lately?
8. What has given you a sense of accomplishment lately?
9. Name three things you intend to do in the next week that will bring you positive emotions, strengthen important relationships, provide a sense of meaning or creative engagement, or create feelings of accomplishment.
10. What are you particularly looking forward to about being back together again?

