Two Questions to Get Closer to Your Partner

Question 1: “What were the best and worst things that happened for you this week?”

Question 2: “What made the best thing so great and how bad did the worst thing get for you?”

Many couples either complain that their partner doesn’t tell them what they’ve been doing or if they do, the other cuts them off with an empty reassurance such as: “It’ll be okay,” “Don’t worry about it.” Alternatively they’ll act just plain disinterested and tune out. Even worse, if it’s something negative they’ll come back with an accusation that their partner somehow did it to themselves.

If you have different interests or jobs, it may be impolite, but it’s not unusual to act disinterested with your partner. However that is not the issue. Such conversations are meant to show a caring interest in the other person more than what they do. That is what the above two questions express. Letting your partner relive the victory from the “best” thing and feel your comforting concern with the “worst” thing creates a space in which each partner can bathe themselves in feeling cared about.

After asking these two questions and giving your partner ample time to say what they need to and feel relief (with the “worst” thing), you can then ask more practical follow up questions such as: “What happened next?” “How are you feeling now about each of those?” “What are planning to do now regarding them?” “May I ask you later how that turns out?”