100 CONVERSATION STARTERS FOR COUPLES

(Long term partners: answer for your loved one and see if you're correct!)

1. If you didn’t have to worry about earning money, what would you most likely do for the rest of your life?
2. What is one of your greatest fears?
3. What do you consider your greatest strengths?
4. If you could meet one celebrity or significant person in history, who would it be?
5. If you could return to one place again, where would it be?
6. What is the most adventurous thing you have done?
7. Have friends ever been a factor for you in the breakup of a relationship?
8. Have you ever had a crush on someone you shouldn’t have ie a Teacher, a friend?
9. Do you look forward to our nights out, or do you prefer us at home?
10. How much time do you spend online every day?
11. What are your favourite social media sites?
12. Do you post photos of yourself online?
13. What was the happiest moment of your life?
14. What was your most embarrassing moment? How did you respond?
15. Who has been the most influential person in your life?
16. Who was the first person who died in your life and how did you feel?
17. What was the biggest mistake you think you ever made and how did it change your life?
18. What is the last book you read?
19. Do you have a favourite character in The Bible?
20. What is your biggest regret in your life?
21. Did you have a pet growing up and which was your favourite?
22. Have you ever been able to overcome a bad habit? What was it?
23. If you could have dinner with any three historical figures, who would you choose?
24. What is the most impulsive thing you’ve ever done?
25. What is the largest purchase you ever made?
26. What is the most memorable gift you’ve ever received?
27. What was the nicest thing anyone ever said to you?
28. If you could change anything about your childhood, would you? What would you change?
29. Who was your hero growing up?
30. What’s the riskiest thing you’ve ever done?
31. Who was your favourite teacher? Why?
32. What is something funny you can do that not many know about?
33. What was the highlight of your day today?
34. Have you ever learnt to speak another language?
35. What’s your favourite time of the year? Why?
36. Would you rather live year-round in a desert or frozen tundra?
37. Are you a morning or night person?
38. Who is your favourite Actor? Actress?
39. What’s the best concert or show you have ever seen live?
40. Who is your favourite singer or band?
41. Who is your least favourite actor or actress?
42. What’s your favourite colour?
43. What’s your favourite season?
44. What’s your favourite type of food?
45. What is your least favourite type of food?
46. What is the strangest thing you have ever eaten?
47. What are you hobbies? What do you do in your free time?
48. Do you have a dog, cat, or other beloved pet?
49. What’s your favourite day of the week?
50. Do you think most celebrities have a better, more exciting life than you do?
51. Do you regularly go to the movies, or do you prefer to rent or download movies and watch them at home?
52. Do you prefer to attend concerts of your favourite band or an orchestra?
53. Do you enjoy going to museums or art shows?
54. Do you like to dance? What type?
55. Do you enjoy activities that might make your partner uncomfortable?
56. Have leisure time issues ever been a factor in the breakup of a relationship?
57. Do you enjoy entertaining people in your home?
58. What is the one thing that you’d like to change about yourself?
59. If you could choose your last meal, what would you eat?
60. Where do you hope to be in ten years?
61. Would you prefer to live in the city or the country? Why?
62. Have I ever embarrassed you?
63. If I had bad breath or body odour or wear dirty clothes, will you tell me? Should I tell you? Why or why not? How should we do it?
64. What is one thing that I do that makes you crazy?
65. What did I do today that made you feel appreciated?
66. If we eliminated physical attraction from our relationship, what would be left?
67. When are you proud of me?
68. What do you like most about my body?
69. How should I bring concerns about our relationship to your attention from now on?
70. How do you know when I’m mad?
71. What is the best way for me to show that I love you?
72. Who are you most like in your family?
73. What family member (outside your nuclear family) were you closest to growing up?
74. What did your family teach you about relationships?
75. What did your family teach you about love?
76. What core values did your family espouse?
77. Do you wish you were closer or more distant with your family?
78. How do you distance yourself from family?
79. What was conflict like in your family growing up?
80. What did your family teach you about health?
81. Would you like to be an advocate for a certain cause?
82. Upon reflection, what type of discipline do you believe in (time-out, standing in the corner, taking away privileges, etc.)?
83. Do you believe that children should be raised with some religious or spiritual foundation?
84. How did your parents settle conflicts when you were a child?
85. Do people in your family carry long-term grudges?
86. How much influence do your parents still have over your decisions?
87. How frequently do you wish you could communicate with your parents? Siblings?
88. What did you admire about the way your mother and father treated each other?
89. When you were growing up, was it important that everybody be present for dinner?
90. What qualities make a good parent?
91. Do you wish anything were different about your relationship with your parents?
92. What does my family do that annoys you?
93. What were your parent’s messages to you about education and university?
94. Have you ever been fired?
95. What is your dream job?
96. Do you consider your work a career or just a job?
97. How do you define success?
98. Do you wish you could work more or less hours?
99. If you could turn back the clock, what alternate profession would you choose?

What is one burning question, you wish I would ask you?
45 FABULOUS DATE IDEAS ON THE SUNSHINE COAST - QUEENSLAND

Here are 45 random ways you and your sweetheart can get out and have a good time on the Sunshine Coast. Click on those underlined for some handy links to send you on your way together!

1. **Relationship monument tour.** Make a day-trip of all the monumental places in your neighbourhood that mean something to both of you. Take a walking tour of all the places that only both of you would understand why it’s so special to you.

2. **Rollerskating:** You’re never too old to enjoy the freedom of skating - the wind whooshing past your nose enjoying one of the most exhilarating ways to spend time in doors!

3. **Get cultured.** Find a random local act performance that you probably didn’t even know was happening and snag the cheapest seats… or maybe drive to Brisbane for this one!

4. **Bowling:** Any day will do, check out this one probably near you!

5. **Get artsy.** Take this opportunity to finally go to the latest exhibition everyone is talking about. There are more galleries on the Sunshine Coast than you thought!

6. **Salt Caves:** Enjoy tranquil healing therapy at the Mooloolaba Salt Caves to relax and unwind whilst enjoying the benefits of restoration.

7. **Go on a shopping mission.** Whether you are a goodwill shopper or top end spender, use a rainy day to buy something fashionably different with a fashion show for your partner.

8. **Memory lane.** Take out old pictures of when you were kids and share stories looking through them with your partner.

9. **Swim Lessons.** Do you and your partner know how to swim? Take an adult swimming lesson together.

10. **Lazy cafe’ afternoon.** There’s certainly plenty to choose from on the Sunshine Coast! Find a new one or head to your fav. Watch the people as you sip toasty warm beverages or frappes or fresh juice in summer! Bring a board game or a book and chill.

11. **Meditate.** Find one of the Meditation Centres (most have free classes) or those held your local Church to spend some time in silence together!

12. **Indoor picnic.** Place a mat on your verandah and enjoy a glass of wine as you both watch the rain pour.

13. **Road trip.** Enjoy a long drive along the Coast, Hinterland or head down South with your favourite music playing in the background. Make it a sing along, or use the conversation starters for an interesting chat!

14. **Learn to draw.** Take a class together. Maybe try being a figure model for one another.

15. **Walk in the park.** Try any of the Sunshine Coast’s amazing parks – no excuse, here’s your guide.

16. **Play photographer:** Take a photography class together - just get out and have a “best selfie” competition
17. **One-day book club.** Pick a book to snuggle up and read together, then talk about it. OK, maybe a short story if you’re not a fast reader.

18. **Movie dates.** Use the [Oscars List](#) to get started if you have trouble with inspiration for a home popcorn couch event or head on out to your local cinema.

19. **Board games.** Make it a board game day, or try it with a twist.

20. **Cook an amazing meal together.** Have you seen Julie and Julia? You don’t have to finish every recipe in the book, but now is a great time to try something new in the kitchen. Maybe you could even try a cooking class together?

21. **Write a love letter to your sweetheart.** Better yet, write two: one to open tonight, and one to open a year from now.

22. **Learn something new together:** sign up for a [cooking class](#), learn a new [language](#) together or take dance lessons. Use a calendar to plot out free and cheap events throughout the year so you can keep on exploring together.

23. **Pop it.** Blow up a balloon for each year you’ve been together and put a piece of paper in each one with something nice about your sweetheart.

24. **Go out to dessert instead of dinner.** This is a great way to have time while going easy on the budget.

25. **Go out to breakfast instead of dinner.** It is much lighter on the wallet and is a great way to start off your day. Or make breakfast in bed.

26. **Go stargazing with a blanket.** Bring take out from your favourite restaurant or pack a picnic. Find the planets and constellations with the google sky app.

27. **Serve.** Spend your special day donating time together to a charity or cause you both respect. If you don’t know where to go, check here for opportunities near you.

28. **Make a time capsule.** Put in memorabilia and notes to your future selves. Set intentions and dreams for your future and set it somewhere where it won’t be disturbed for the next year (or in five years).

29. **Dinner at home.** Cook each other’s favourite meals together. Don’t forget to dress up, light candles, pour beverages, play music and of course-dessert!

30. **Wine capsule.** Find a happy hour wine tasting and buy a bottle of wine. Spend the time writing intentions for the coming year and seal them away with the bottle of wine to open on your next anniversary.

31. **Sing it.** Hire a karaoke set-up, and sing your sweetheart’s favourite songs.

32. **Modern mixed tape.** Create a playlist on Spotify of all the songs that remind you of your time together and have a dance party at home.

33. **Progressive dinner out.** Have appetizers at once restaurant, dinner at another, and dessert at another

34. **Recreate your favourite dates.** Spare no detail, remember what you wore, where you were, and now you ended your night. You each get to pick one, see how your memories can mesh together.

35. **Map it out.** Record your shared travels on a map with pins or markers. Add a colour for your future travel plans and dreams.
36. Bake an anniversary cake together. Test out a new recipe each year.
37. Make a movie. Record a video using your webcam or mobile phone telling your partner what you appreciate about them. Add to it each year.
38. Create an online collage. Take pictures of one another and make some fun collages for free at a site like Picmonkey. This can work well when you are far apart on your anniversary.
39. Paint or draw pictures of one another. Hey, you might not be an artist, but let me tell you, it will be a time of laughter and fun – that’s for sure!
40. Dress you up. Go to a second hand shop and pick out an outfit for each other. Don’t be shy, be adventurous and try whatever your partner brings you.
41. Have a romantic staycation. Be homebodies at home, but with an extra touch of romance. No hassle taking reservations or travel arrangements, maybe just an offsite babysitter?
42. Stand up and Paddleboard your way to lunch: Make yourselves ravenous by exerting energy in this fun way together ending up at your favourite waterfront café or restaurant
43. Hinterland Escape it: to one of the Sunshine Coast’s most beautiful landmarks. Take your pick from the dozens of romantic hideaways in Montville or Maleny
44. Number it. If this is your tenth anniversary, give a ten minute massage (or ten minute massages). Be thoughtful and fun. Make a game out of it, and see who can come up with the most creative number-themed gift.
45. Start your bucket list. Spend the evening creating a shared bucket list of dreams you share. Keep your list handy so you can cross things off (and add to it) for years to come.
"I VERSUS WE" PRACTISE WORKSHEET

Partner 1:
I would feel/I feel ____________________________________________________________

When________________________________________________________________________

So I would like it if ____________________________________________________________

____________________________________________________________________________

Is that ok?

Partner 2:
So what you said was __________________________________________________________

Partner 1:
I would feel/I feel ____________________________________________________________

When________________________________________________________________________

So I would like it if ____________________________________________________________

____________________________________________________________________________

Is that ok?

Partner 2:
So what you said was __________________________________________________________

Raw Spots:
In this incident, the trigger for my raw feelings was when ______________________. On the surface, I probably showed ____________. But deep down, I just felt ________________ (i.e. sad, shame, afraid). What I longed for was ________________________. The main message I got about our relationship, about me or my love was ________________.
PARTNER GOAL SETTING: CONSIDER A PERSONAL GROWTH DIARY FIRST

What sort of person do you want to be?

How would you like to be remembered and what for?

If I were being the person that I want to be, what would I be doing? How would I sound? What would I be thinking?

Think of some of the most valued people you have had contact with, identify their positive behaviours and if you possess these in your repertoire.

How do you express your creativity?

What do you know now that you didn’t know when you began the journey of discovering “internal responsibility”.

What moments of Spiritual awareness have you had about your God given talents?
### COUPLE GOAL SETTING

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1. Any of your partner’s goals surprise you?

2. Which goals are most important to you right now?

3. What are the current issues surrounding these goals?

4. How do your partners’ goals complement or compete with yours?

5. How can you each contribute to achieving them?

6. What will be the first small step to making these goals become a reality?