



Conversation Starters

FOR COUPLES



BARE MARRIAGE

HEALTHY, EVIDENCE-BASED, BIBLICAL ADVICE FOR SEX & MARRIAGE

with Sheila Wray Gregoire



- 1)** When do you last remember laughing with me the most?
- 2)** Some people talk to figure out what they're thinking, and some people don't talk until they know what they're thinking. Which do you think you are? Which do you think I am?
- 3)** What does the word "affection" mean to you? What does the word "romance" mean to you?
- 4)** What's one time lately that I've made you feel great about yourself? How can I do that more often?



- 5)** What's your favorite sexual memory with me? Want to recreate it?
- 6)** What's a favorite memory from when we were dating? What made it so fun?
- 7)** What was a time your mom really messed up with talking to you or punishing you when you were a kid?
- 8)** What was a time when your dad really messed up with talking to you or punishing you when you were a kid?



- 9)** What's something you never confessed to your parents until much later—that you laugh about now?
- 10)** What song from the radio did you just HATE when you were in your early teens? Why?
- 11)** What movie did you see when you were really too young to watch it? What effect did it have on you?
- 12)** When did you first find out about sex? Who told you? What did you think?



- 13)** Do you remember sleepover parties from when you were a kid? What did you like about them? What did you hate about them?
- 14)** Who was your best friend when you were 9? Do you know what happened to him/her?
- 15)** Who was your favorite teacher in elementary school? What did you like about him or her?
- 16)** What's your most embarrassing memory from junior high?
- 17)** What was your favorite toy as a kid that kids don't really play with now? (If we have kids, should we try to find it for them?)



- 18)** Tell me about your first crush. Why did you like him/her? Did you ever tell him/her?
- 19)** Who is your favorite relative from my side of the family?
- 20)** Who do you miss the most who is waiting for you in heaven?
- 21)** Who from your past, outside of your immediate family, do you wish that I had had the chance to meet?
- 22)** Between your parents and your grandparents, who do you think you are most like? In what ways?



- 23)** Set a timer for four minutes and tell your life story. (This one's interesting to see what your spouse considers the most important highlights!)
- 24)** What did you want to be when you were 10 years old?
- 25)** What were some of your favorite games to play when you were a kid? Do you see any parallels to what you chose to do as a career/calling?
- 26)** When did you first get that definite feeling, "God is here. He is real."? Where were you? What were you doing?



- 27)** What prayer have you been praying for years—and wonder if it will ever be answered?
- 28)** What word speaks to you most—love or justice? Why? (hint: there is no right answer, since God is both).
- 29)** What's your favorite Bible verse (even if you can't remember it word perfectly)? Why?
- 30)** If you could be any historical figure for a week, who would it be?
- 31)** If you could ask advice from any historical figure, who would it be? What would you ask them?



- 32)** If you could go back to 1936 and kill Hitler without being caught, would you? If so, how? Would you feel guilty about it?
- 33)** What subject do you find interesting now that you hated in school? Why do you like it now, and why did you not like it then? How would you have taught it differently?
- 34)** If you could be president without having to campaign, would you do it? If so, what's the first big change that you'd try to make?
- 35)** Name two things you want to be remembered for. How can I help you develop those two things?



- 36)** What does the word “success” mean to you?
- 37)** What dream have you put on the back burner? Do you think it’ll stay there forever, or would you like to still live it out one day?
How can I help?
- 38)** What normal food that most people eat do you wish you liked but you just don’t?
- 39)** What’s one pet peeve of yours that you wish that you could get rid of—because it hampers your enjoyment of life?
- 40)** What’s your idea of a perfect vacation?



- 41)** If you were on a desert island, but your needs for food and shelter were totally taken care of, what one luxury item would you wish for?
- 42)** What's the farthest you've ever walked? Why did you walk there?
- 43)** When you go to the zoo, what animal do you like to watch the most? Why?
- 44)** You have unlimited money and time. Describe to me your ideal "room" in a house where you would feel the most comfortable.



- 45)** Name an activity you used to do when you were younger that you don't do anymore—but you'd likely enjoy if you started again. Do you think we could/should add it to our lives now?
- 46)** When did you last cry by yourself? How can I help you more when you're upset?
- 47)** The house is on fire, but everyone is safely out, the pets are safely out, and all wallets/cash are saved. If you could make one last dash to get something, what would it be?
- 48)** What is your earliest memory?



- 49)** Do you ever have recurring nightmares? What are they about?
- 50)** Choose one superpower: invisibility; flight; teleportation; reading minds; super strength. Why did you choose that? Would you be tempted to use your power for evil?
- 51)** What's something that you once believed that you don't anymore? It can be about religion, politics, human nature, science, or anything.
- 52)** What's the stupidest thing you ever did to be cool when you were a teen?



- 53)** What's the first book or movie you remember that made you cry?
- 54)** If you had \$1,000,000 to start a charity, what charity would you start?
- 55)** What's your earliest memory?
- 56)** What's the worst wedding you've ever been to? And what made it so bad?
- 57)** What's the best funeral you've ever been to? What made it so meaningful?



- 58)** What music group, band or trend were you really into in your teen years that now makes you cringe?
- 59)** What's something that you're sad that the kids of this generation won't have that you grew up with?
- 60)** If we didn't have electricity for a week, what do you think we'd fill our time with? How can we do more of that anyway?
- 61)** What dumb things did you believe about sex and puberty when you were going through puberty? Did your parents do a good job of teaching you about puberty?



- 62)** What are your earliest memories of hospitals? Were you there for yourself or someone else?
- 63)** What's something that you're not scared of that most people are?
- 64)** What's some skill that you feel like someone of your age and stage in life should have conquered by now--but you just can't figure it out?
- 65)** What sitcom from your childhood/teenage years can you still sing the whole theme song to?
- 66)** Tell me about your first part-time job and your first boss.



- 67)** Who's the best boss you've ever had, and why?
- 68)** Who's the worst boss you've ever had, and why?
- 69)** What childhood/teenage friend that you lost touch with or had a falling out with that you wish you could reconnect with?
- 70)** What's the worst family vacation you've ever taken? What made it so bad?