



my  
people  
patterns

# TEN QUESTIONS TO DEEPEN YOUR DATE NIGHT





# VULNERABILITY & CONNECTION

My People Patterns is all about deepening connections and growing great relationships. Our most important relationships require us to be vulnerable, and curious while using our best communication skills. Our Top Questions are designed to gently lead you into an intimate conversation that deepens over time. Our hope is that this conversation makes you feel more connected and closer.

## HOW TO DO THIS

This activity works in one of two ways.

1. One person reads all of the questions, one at a time, and the other person answers. You'll notice that some of the questions require answers about the person asking (that will make more sense when you read them)

OR

2. Take turns asking each other the questions, which is our preferred way of doing this activity.

# BEFORE YOU START

Before you start with the questions, we want you both to take a moment to privately check in with yourself to see how close you feel to the person you're doing this activity with.

"Take a minute to connect with how close you feel towards the person you're doing this exercise with. Perhaps it's a scale of 1-10 or inches to miles, it's entirely your choice. Write the number down on a piece of paper or somewhere on your phone. At the end of the activity, we will ask you to repeat this exercise to see if you feel even closer."

At the end of the activity, we will ask you to do this again, to see if you feel closer. We hope that this number increases in just six questions.

**1. 2. 3. 4. 5. 6. 7. 8. 9. 10.**



## **QUESTION ONE**

**If you could know just one thing about the future, what would it be? Why?**

## **QUESTION TWO**



**In what ways do I help you?**

**And what could I do more of?**

## QUESTION THREE

What's the thing you  
chose to ignore but  
know you shouldn't?

What's  
something I  
really need  
to hear?

## QUESTION FOUR



## QUESTION FIVE

What do you think  
life is teaching you  
right now?

## **QUESTION SIX**

**What did you not want me  
to find out about you?**

## **QUESTION SEVEN**



**What is the thing  
you needed more  
of in your  
childhood?**

## QUESTION EIGHT

What would you tell  
9-year-old me?

What's the last  
thing you  
learned about  
yourself that  
surprised you?

## QUESTION NINE



## QUESTION TEN

When and what was  
the moment you felt  
closest to me?

# NOW THAT YOU'RE FINISHED

You probably noticed that these questions sprinkled in questions that asked your partner to reflect on you and your relationship. These interpersonal questions are often the toughest but are the most intimate, particularly if the answers are generous and loving.

Take a moment to think about how close you feel to your partner now that you've done this activity. Do you feel closer?

Most people tend to move toward each other after intimate activities like this. What can you learn about your relationship from these exercises? How can you incorporate more of it into your week?

1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

