

# Journal Prompts

## FOR COUPLES

- If you could describe your partner in 3 words, what would they be?
- How does your partner show they care for others?
- What is one thing your partner cannot live without, and why?
- What 3 qualities do you admire in your partner?
- How has your partner changed over the last year?
- How does your partner inspire you to be a better person?
- What is something your partner has convinced you of?
- What is your partners love language? What is your love language?
- What do you miss most about your partner when you are not together?
- How would your life be different if you never met your partner?
- What is 1 item of clothing your partner owns that you wish you could get rid of?
- Is your partner a rational person, or more emotional?
- How do you feel about your partners occupation?
- How do you feel about your partners best friend?
- If your partner wanted to move across the country, what would your reaction be?
- Is your partner introverted or extroverted?
- How does your partners personality compliment your own?
- What were your favorite moments during your first date?
- Name a time your partner surprised you or caught you off guard.
- Name a time your partner cooked something terrible. How did you react?
- Describe what you imagine your partners dream date would be like.
- How has your partner made you feel special in the last week?
- When was the last time your partner stepped out of their comfort zone?
- If you and your partner could both be invisible together, where would you go?
- How does your partner take compliments?