

100
questions
FOR COUPLES



SECOND
EDITION

CONNECT your THOUGHTS

Brittany Anne Mormann



This book is dedicated to Ryan — the one who knows
the good, the bad, and everything in between about
me, and loves me more because of it.

—Brittany

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Remember,
no couple is perfect
&
there are no right answers
here—just yours.



1.

Would you consider yourself
someone who is quick or
slow to apologize?

What does a meaningful apology
look like to you?



2.

If *selfishness* ever started
to become an issue between us,
how do you think we should handle it
to keep things fair and balanced?



3.

Are there off limits topics that you would prefer me not to talk about with other people?



4.

What are some of your *triggers*?



5.

Is there *trigger* behavior or trigger words that might set you off?

If so, what are they, and how do they affect you?

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