Marriage Perception Question Exercise

Take the time to sit with your spouse and ask these questions (maybe not all at once), but do your best to get through them over time to help you each genuinely understand each other's perceptions.

Your Spouse's Perception of Themselves

1. *How do you think I see you?*
2. *What do you love most about yourself?*
3. *What part of yourself are you still working on?*
4. *What do you think your greatest strength is in our relationship?*
5. *Is there anything about you that you feel I don't fully understand or appreciate?*

Perception of Each Other

6. *How would you describe me to someone who's never met me?*
7. *What's something I do that makes you feel truly seen or valued?*
8. *Is there a way I perceive you that you think is inaccurate or incomplete?*
9. *What's one thing you wish I understood better about your stress or emotions?*
10. *Do you think I ever misread your intentions or tone? When and why?*

Perception of the Relationship

11. *What do you think makes our relationship strong?*
12. *If someone asked you how we handle conflict, what would you say?*
13. *Do you feel like we're a team? Why or why not?*
14. *How do you think our relationship has changed over time—for better or worse?*
15. *What story do you tell yourself when we argue or disconnect?*

Deep-Dive Bonus Question

Can you tell me one thing I believe about myself that you think I may be wrong about?