

You Are #1 Power Questions

- 1 What has to happen in order for you to **feel loved**? Really Loved by me? (discover their rules around it) What are the little things that make you say in your head “I feel loved right now”?
- 2 What are each of our respective “**Love Languages**” (*Book by Gary Chapman*)
 - Quality Time
 - Words of encouragement
 - Gifts
 - Acts of service
 - Physical Touch
- 3 What can we add back into our lives that we used to enjoy doing when we were first dating? What did I do back then that **really lit you up**?
- 4 What is a different, more constructive meaning I can give to that one behavior that bothers me the most? **What else could it mean**? Remember, people are NOT their behavior.
- 5 **Where are we going** in life? Let’s get refocussed on what we want to do, be or have! One, five, 10, 20, 30 years from now, we are going to look back and be so happy that we worked together towards what? Even after the (kids, job etc.), what else? What did we do together over the years that was so much fun and made us grow even closer?
- 6 IF you could wave a magic wand and create the **relationship of your dreams**, what would that look like? How would you and I grow and adjust to support and encourage one another? What do we have to remove from or add to our lives to make that a reality?
- 7 What can I do to make you feel like **you are #1** today?