



21 Deep Journal Prompts for Exploring Your Relationship with Your Partner

1. When was the last time your partner did something to make you feel special?
2. What is your favorite memory of a time spent with your partner?
3. What things does your partner do to support your goals and dreams?
4. When do you feel most connected to your partner?
5. What is one thing you can do to improve communication with your partner?
6. How has this relationship changed you as a person?
7. How do you support your partner's goals and dreams?
8. What are the three qualities you most admire about your partner?
9. How do you celebrate special occasions with your partner?
10. In what ways are you and your partner similar to and different from each other?
11. How do you let your partner know you appreciate them?
12. How can you show more empathy towards your partner's feelings and experiences?

13. Think about the last time you misunderstood something your partner said or did. How did you resolve the situation? Is there anything you would do differently now?
14. How do you ensure that you and your partner spend enough quality time together?
15. Describe a milestone in your relationship that has special meaning to you.
16. Think about a time when you felt emotionally distant from your partner. What was going on at the time and how did you handle the situation? Is there anything you would do differently now?
17. In what ways do you and your partner's differences strengthen your relationship?
18. In what ways do you and your partner's similarities strengthen your relationship?
19. When did you realize you were in love with your partner?
20. What do you want and need from your partner? How can you communicate that to them?
21. How well do you understand your partner's wants and needs? What can you do to better meet them?