



Questions for Opening & Deepening Authentic Connection

Choose. Ask Them or Reveal You. Switch.

1. What is an aspect of your life that you are very **proud** of?
2. What have you wanted to do that you've **hesitated** to do?
3. What has been your favorite **experience** so far today?
4. Who do you deeply **respect** and why?
5. When was a time this week that you said, "**No**" and feel great about it (or hesitated and feel sad about it)?
6. What **body sensations** are you experiencing right now (i.e., what do you notice in your body)?
7. What would you most like to **change** in your life now? And also...?
8. What question about **money** do you find hard to ask?
9. Each of you hold up a hand and touch (or almost touch) palms. **Take turns leading and following** – one of you move your hand around in space as the other keeps their palm aligned. Notice communication, energetic connection, etc.
10. What is something you wanted and never **received** from a parent?
11. Which core **feeling** is easiest for you to experience and express, choosing from Mad, Sad, Scared, Joyous and Sexual/Alive? Which is hardest for you to express, particularly around others?
12. If you could change one thing about how you were **raised** (and/or how you live now), what would it be?
13. What is something you'd enjoy doing on a 2nd or 3rd **date**?
14. How are you willing to express with **movement and/or sound** how you feel right now? Show me...
15. What would you do with your time and energy if you only had **1 year left** to live? Why this?
16. What was one of your favorite **games/activities** as a child? What is a favorite recreational activity now?
17. What important aspect about yourself are you learning to shift to be more fully **authentic** on dates?
18. What do you most value in a close **friendship**?
19. How would your best friend **describe you**? And...? And...?
20. Which spot in the room/building would you like me to **explore** with you? Let's go....
21. How much **Joy** do you feel right now (0-10, 0=None, 10=a Ton)? How do you know in your body?
22. What in your life now brings you the greatest sense of **fulfillment**?
23. What do you **regret** about how your life has unfolded? How are you letting that go or changing it?
24. What situations in your life have you feel most **afraid and insecure**, and how does it show in your body?
25. What do you wish your **parent** had taught you?
26. Who and what are you most **envious** of (i.e., you want or want more of what they have)?
27. What belief or attitude interferes in you pursuing or achieving a **big dream**?
28. What do you see as your **life purpose**? How do you sense, feel or know this?
29. In what ways have you **tended to date** people like you, opposite you and/or like a parent? (turn over)
30. **Create** your own!