



STACEY N. GREER



RELATIONSHIP REPAIR COACH
FOUNDER, THE UPSTREAM METHOD™

A Conversation *for Two*



10 QUESTIONS FOR MORE
UNDERSTANDING, CLOSENESS AND CONNECTION.





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There is always more to know about the person we love.

You can share a home, meals, responsibilities, memories, ordinary Tuesdays and entire seasons of life with someone and still have thoughts, hopes, wishes and parts of your inner world that haven't found their way into conversation lately.

That is one of the beautiful things about loving another human being: we are never entirely finished getting to know each other.

These ten questions are an invitation to make a little space for that.

A Note from Stacey

I have used questions like these in my own relationship, and what made the experience meaningful was simply making the time to ask, listen and discover more about one another.

Sometimes we assume we already know what the person we love thinks, needs, remembers or hopes for. Then we slow down long enough to ask-and we are reminded that there is always more of another person to discover.

My hope is that these questions give the two of you a little more of that.

Before You Begin

Bring curiosity to the conversation.

The value of these questions is found as much in the listening as it is in the asking.

Give each answer the time and attention it deserves. Listen for what matters to the person you love, stay curious about what you hear, and allow the conversation to take you somewhere you may not have expected.

Two people can share a life and still experience parts of that life differently. Making room for both perspectives creates an opportunity to understand one another more fully.

Choose the questions that feel most meaningful to you and let the conversation unfold at its own pace. You may move through several, or spend your entire time together on one.

THE INTENTION IS BEAUTIFULLY SIMPLE:

I want to know you.



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1. A Memory We Share

What's a moment from our life together that still makes you smile when you think about it?

Follow-up: What made that moment special to you?



2. Us, Right Now

When you think about us right now, what feels especially good to you?

Follow-up: Is there anything you would love for us to have a little more of?



3. The Life Ahead of Us

When you imagine our life in the years ahead, what are some things you hope we get to experience, create or enjoy together?

Follow-up: What are you most looking forward to about our future together?



4. Something I'd Love to Know

Is there anything you've been thinking about lately that you wish I knew more about?

Follow-up: Is there anything you'd like me to understand a little more deeply?



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5. Feeling Supported

What helps you feel most supported by me?

Follow-up: Is there something I could do more often that would feel especially meaningful to you?



6. What I Appreciate About You

What's something I do-big or small-that makes you feel loved, cared for or appreciated?

Follow-up: What's something about me or our relationship that you've been especially appreciating lately?



7. Something Worth Our Attention

Is there anything in our life right now that you would love for us to give a little more attention to together?

Follow-up: What would you love for us to make more room for?



8. Time That Feels Like Us

What kind of time together helps you feel closest to me?

Follow-up: What would you love for us to do a little more of together?



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9. Closeness & Intimacy

What helps you feel emotionally close to me?

Follow-up: What helps you feel loved and connected physically?



10. Who We've Become Together

When you think about who we were when we first met and who we are today, what are you proud of in the way we've grown together?

Follow-up: What is something about us today that you're grateful we've grown into?

Relationships are built in thousands of moments like these—moments when we turn toward one another with curiosity, make room for what is true, notice what matters and keep learning about the person we have chosen to share our life with.

So when you're finished, you might close with one final question:

What's one thing you heard from me today that you're glad you know?

Then let that be enough.

With love,

Stacey N. Greer

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