

Wingman's Questions to Stronger Connection

How to turn questions into connection.

Before diving into the questions, keep these principles in mind. They're the secret on your date night that makes each moment count.

Listen to Understand, Not to Respond

- Let them finish without interruption.
- Don't rush to fix, solve, or explain—just be present. The best partner encourages them to find the answers within. Sit on your lips.
- Silence is okay. Sometimes the best follow-up is a pause. This allows them to keep going. Try just acknowledging them.

Ask Gentle, Open-Ended Follow-Ups

Use probing questions to go deeper, like:

- “What made that moment so meaningful for you?”
- “How did that experience shape you?”
- “What do you need most when you feel that way?”
- “Can you tell me more about that?”
- “What does that feel like for you?”

Be Supportive, Not Judgmental

- Validate their feelings: “That makes so much sense.”
- Express appreciation: “That took courage and vulnerability. Thanks for sharing that with me.”
- Offer comfort: “I'm here with you in this. What could I do more or less of to support you?”
- Avoid minimizing or redirecting—this is their moment. Remember, you asked the question.

Take Mental Notes

- Listen for clues about what lights them up, what hurts, what heals.
- Use what you learn to plan future dates, surprises, or support.
- Connection is built in the small details.

Start easy. Slowly work into more difficult questions as you build trust and create a safe space to talk. Later we will ask some questions about finances and other relationship challenges, but save those until after you've asked at least 200 questions.

Wingman Gary and his wife Judy have asked each other over 1,000 questions. Now it's just natural—when they go out, they park the whirlwind and focus on each other. They started by asking questions whenever they were driving to a hike, biking, or kayaking—which was a lot of time. They also do it at restaurants, which also was quite often. They deal with issues while they're still small and manageable. They feel comfortable bringing anything up, and that's what your partner should be there for. They should help you grow—together, be supportive.

They talk about everything, which helps them now deal with issues such as unexpected health issues, scary life-threatening operations, death of friends and family and any other challenges.

That's the goal: a deeper connection, a little more understanding, and a whole lot of heart.

Questions to Spark Connection

Easy & Fun Laughable!

1. What's your happiest childhood memory?
2. What's something you've always wanted to try but haven't yet?
3. What's your favorite way to spend a weekend?
4. What's your favorite memory of us?
5. What's your idea of a perfect date?
6. What's a song that always makes you emotional?
7. What's your favorite inside joke we share?
8. What's a memory that still makes you laugh?
9. What's your favorite holiday tradition?
10. What's your favorite way to relax?
11. What's your favorite compliment you've ever received?
12. What's your favorite shared experience?
13. What's something you're grateful for today?
14. What's your favorite way to show love?
15. What's your favorite thing to do together?
16. What's your favorite way to spend time alone?
17. What's your favorite way to be surprised?
18. What's your favorite way to recharge?
19. What's your favorite way to celebrate?
20. What's your favorite way to be playful?
21. What's your favorite way to be silly together?
22. What's your favorite way to be romantic?
23. What's your favorite way to be adventurous?

24. What's your favorite way to be creative?
25. What's your favorite way to be present?

 Deeper & Reflective - Bring on a few goose bumps!

26. What's your biggest fear?
27. What's a moment that changed your life?
28. What's your love language?
29. What's a dream you've let go of?
30. What's something you're proud of?
31. What's something you wish people understood about you?
32. What's something you've never told anyone?
33. What's your biggest insecurity?
34. What's a value you live by?
35. What's your favorite way to be comforted?
36. What's something you're working on personally?
37. What's a moment you felt truly seen?
38. What's something you admire about me?
39. What's something you're afraid to lose?
40. What's your favorite thing about our relationship?
41. What's a moment you felt misunderstood?
42. What's something you want to learn together?
43. What's a challenge we've overcome?
44. What's something you want more of in our relationship?
45. What's a moment you felt most connected to me?
46. What's something you've changed your mind about?
47. What's a moment you felt brave?
48. What's something you want to celebrate soon?
49. What's a fear you've overcome?
50. What's something you've learned from me?
51. What's a moment you felt truly happy?
52. What's something you want to create together?
53. What's a memory that makes you feel loved?
54. What's something you want to explore more deeply?
55. What's a moment you felt proud of us?
56. What's your favorite shared goal?
57. What's something you want to forgive?
58. What's a moment you felt vulnerable?
59. What's your favorite way to be supported?
60. What's something you want to let go of?
61. What's a moment you felt peace?
62. What's something you want to remember forever?
63. What's a moment you felt strong?
64. What's something you want to protect?
65. What's a moment you felt hopeful?
66. What's something you want to heal?

67. What's a moment you felt inspired?
68. What's something you want to grow into?
69. What's a moment you felt safe?
70. What's something you want to share more of?
71. What's a moment you felt grateful for me?
72. What's something you want to build together?
73. What's a moment you felt heard?
74. What's something you want to understand better?
75. What's a moment you felt joy?
76. What's something you want to remember about us?
77. What's a moment you felt loved?
78. What's something you want to grow together?

● ● Vulnerable & Courageous – bring a paper bag to breathe into. These questions may feel uncomfortable at first, but they'll help you grow more comfortable with vulnerability. These are reserved for Episode 3 and onwards.