

PASSION INTERVIEW

The death of passion in relationships often occurs when your conversation becomes reduced to the mundane. Over time, we tend to focus mostly on discussions related to kids/family, work/business and our schedules. While these conversations are essential, it can be helpful to also talk about other topics — from daydreams to your childhood memories.

This is where the *Passion Interview* comes in. It's designed to steer the conversation in a different direction so that you can continue learning, reflecting and having more meaningful interactions.

Set aside 30-45 minutes to interview your partner(s) and share your answers. Take turns so that you alternate who answers each one first and be sure that you each answer every question. There are no right answers and you can allow the conversation to flow freely or set a time limit for each question according to your preferences.

Alternatively, you can pick one question a day and discuss it over breakfast, during your lunch break or on your way to work.

- WHOM DO YOU ADMIRE MOST AND WHY?
- WHAT GLOBAL ISSUES CONCERN/CONSUME YOU?
- WHAT DID YOU DAYDREAM ABOUT AS A CHILD? WHAT DO YOU DAYDREAM ABOUT NOW?
- WHEN WAS THE LAST TIME YOU FELT REALLY EXCITED?
- WHAT IS YOUR FONDEST MEMORY?
- IF YOU COULD CHANGE ONE THING ABOUT YOUR TEENAGE YEARS, WHAT WOULD IT BE?
- WHEN DO YOU FEEL MOST LOVED?
- IF YOU HAD ONE WISH, WHAT WOULD IT BE? (YOU CAN'T ASK FOR MORE WISHES.)
- IF YOU NEVER HAD TO WORK, HOW WOULD YOU SPEND YOUR IDEAL DAY?
- HOW WOULD YOU DESCRIBE AN IDEAL DAY IN THE CONTEXT OF YOUR CURRENT LIFE?
- WHAT IS YOUR FIRST MEMORY OF WHEN WE MET?
- IF YOU COULD HAVE A DRINK WITH ANYONE IN THE WORLD, WHOM WOULD YOU CHOOSE AND WHY?
- WHEN WE RETIRE, HOW DO YOU WANT TO SPEND OUR DAYS?
- NAME TWO THINGS YOU LOVE TO DO THAT DON'T COST MUCH/ANY MONEY.

You can repeat this interview every couple of months or use these questions as inspiration to start new conversations. Enjoy!

