



# 20 Questions

Cultivate Emotional Awareness

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Thoughtful and intentional questions create a **pause for reflection and connection**, helping partners move beyond surface-level exchanges into deeper emotional awareness.

By inviting each person to notice, name, and share their internal experience (thoughts, feelings, needs, and reactions), the questions strengthen self-awareness (**ME**), improve emotional expression and understanding (**WE**), and support collaborative meaning-making (**US**).

Over time, this process builds emotional literacy, increases empathy, reduces misinterpretation, and helps partners respond to one another with greater intentionality rather than reactivity.

Use the following questions to explore each other's inner worlds, emotional experiences, and relationship needs.

**Suggestion:**

- Use these prompts in conversation, journaling, or as a weekly reflection activity.
- Try answering 2–3 questions at a time and switch roles as listener and speaker.
- Focus on understanding, not fixing. Stay curious and compassionate.

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**Emotional Understanding**

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|--|---|
| 1. What does <b>trust</b> look like to you?                              | 4. What do <b>guilt</b> and <b>shame</b> look like for you?           |
| 2. How do you describe <b>sadness</b> or <b>loneliness</b> for yourself? | 5. What are the <b>causes or triggers</b> of fear or anxiety for you? |
| 3. What does <b>anger</b> look like for you?                             | 6. What is your <b>response to conflict</b> ?                         |

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**Connection & Repair**

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| 7. How should <b>affection</b> be offered to you?            | 12. What does it look like when someone is being <b>courageous</b> for you? |
| 8. How does someone show <b>remorse or apologize</b> to you? |   |
| 9. What does <b>vulnerability</b> look like for you?         |   |
| 10. What does a <b>safe conversation</b> look like?          |   |
| 11. What type of <b>attention</b> do you like?               |   |

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## Support

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|---|---|
| 13. How does someone <b>support your goals/dreams</b> ? | 16. How do my actions <b>convey</b> “I love you”?     |
| 14. When do you feel <b>accepted</b> by me?             | 17. What are the <b>consequences of hurting you</b> ? |
| 15. How do you feel <b>appreciated</b> by me?           |   |

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## Joy, Grief & Memory

- 18. What brings you **joy**, as compared to what feels **boring** to you?
- 19. How do I show up when **grief** occurs for you?
- 20. What is a **memory of pleasure or euphoria** that you carry?