

Would You Rather....? for Couples

Instructions for “Would You Rather....? for Couples”

On the following pages, you will find 30 cards with questions phrased in a Would you Rather format. The cards can be cut and shuffled into a random order.

On each card you are asked to choose one of two options. This game is meant to inspire deeper conversations about yourself and your preferences in the relationship. There are no right or wrong responses. Refrain from judgment of your partner’s responses. You will each take turns sharing your answer to the questions. I recommend working through no more than 5 questions in one sitting. The purpose here is depth of exploration, not the specific answers.

When your partner has shared their answer to a question, you can ask any of these follow-up questions to explore more of what might underlie their answer. You don’t have to ask all these questions, but keep exploring until you think you can answer the question, “Do I understand?”

1. Can you tell me more about what important values, beliefs, or feelings support your choice?
2. What experiences in your past might have influenced your choice?
3. What goals or desires for your future might influence your choice?
4. What do you expect to be the desired outcome or benefit of you making this particular choice?
5. Do you think there is anything about this choice that positively or maybe even negatively affects our relationship or marriage? If the result might be negative is there any good that might come from that?

Your goal is to share and explore. These questions should not be a launching point for conflict. If one of the questions triggers a conflict, be willing to take a break or time out and try to process the reasons for the escalation when things are calmer.

Have fun and I hope you can learn a bit more about each other.

Dr. Mark DeYoung, LMFT



Would you rather start your weekend with a set plan or decide as you go?



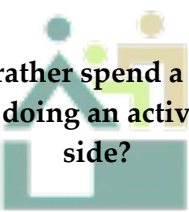
Would you rather try a new restaurant or return to a favorite?



Would you rather wake up early together or stay up late together?



Would you rather plan a trip months ahead or book something last minute?



Would you rather spend a free evening talking or doing an activity side by side?



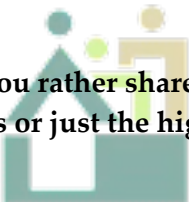
Would you rather keep a steady routine or change things up during the week?



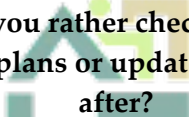
Would you rather text throughout the day or catch up at the end of the day?



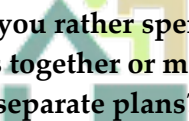
Would you rather sit close together or have your own space in the same room?



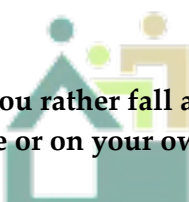
Would you rather share most daily details or just the highlights?



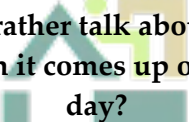
Would you rather check in before making plans or update each other after?



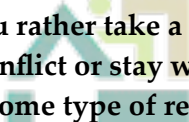
Would you rather spend most weekends together or mix in some separate plans?



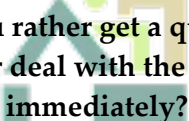
Would you rather fall asleep at the same time or on your own schedule?



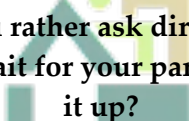
Would you rather talk about a problem right when it comes up or later that day?



Would you rather take a short break during conflict or stay with it until there's some type of resolution?

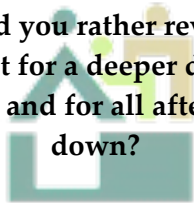


Would you rather get a quick "we're okay" or deal with the problem immediately?

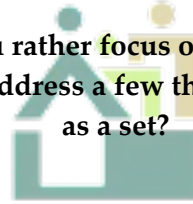


Would you rather ask directly what's wrong or wait for your partner to bring it up?

Would you rather revisit a disagreement for a deeper discussion or leave it once and for all after it's cooled down?



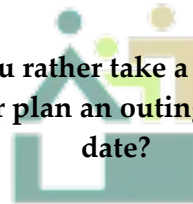
Would you rather focus on one issue at a time or address a few things together as a set?



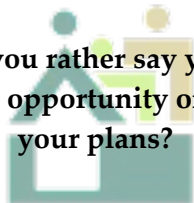
Would you rather try a new hobby together or improve at one you already share?



Would you rather take a spontaneous day trip or plan an outing for a future date?



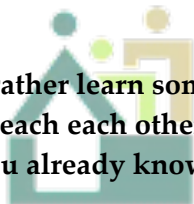
Would you rather say yes to an unexpected opportunity or stick with your plans?



Would you rather explore a new part of town or go to your usual spots?

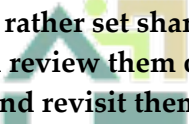


Would you rather learn something new together or teach each other something you already know?

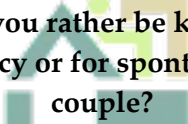


Would you rather take on a challenging project or enjoy something comfortable and familiar?

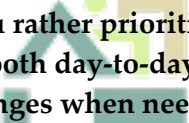




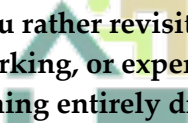
Would you rather set shared goals for the year and review them once per year or revise and revisit them as we go?



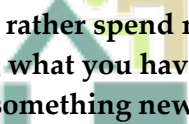
Would you rather be known for consistency or for spontaneity as a couple?



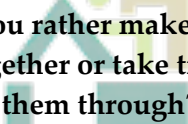
Would you rather prioritize keeping things smooth day-to-day or making changes when needed?



Would you rather revisit and revise what's working, or experiment with something entirely different?



Would you rather spend more energy maintaining what you have or building something new?



Would you rather make decisions quickly together or take time to think them through?