


Anahata

REIKI & WELLNESS



**40 DEEP QUESTIONS
THAT INVITE INTIMACY**

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Childhood

1. What is your best childhood memory?
2. What is your worst childhood memory?
3. What was your favourite childhood game?
4. What do you admire most about your parents?
5. When your parents get old, do you plan on taking care of them?

Love

1. When was the first time you said "I love you" to someone other than family?
2. When and where did you go on your first date?
3. Describe a fun date that costs no more than \$20
4. If you were on a dating show, what questions would you ask?
5. What is your favourite memory with me?

Values

1. Would you rather acquire material items or experiences?
2. In what scenario, if any, is it ok to lie?
3. How have your values changed from the past ten years?
4. If you could change one thing about your character, what would it be?
5. Do you put as much emphasis on inner beauty as outer beauty?

Goals & Motivation

1. Who in your family do you view as a role model?
2. What thought or object gets you through the day?
3. What is the best way to motivate each other?
4. What is your biggest regret or what are you ashamed of?
5. What is your greatest long term goal?



Relationships

What do you look for in a friendship?

Do you consider your parents as friends?

What is an unforgiveable action?

Do you think couples should split costs?

Do you think people you are subconsciously attracted to can remain friends without developing love interests?

Life Events

Describe your perfect vacation/holiday.

What events are on your bucket list (e.g. Holi festival, New Years eve in NYC, AFL grand final)

When, where and how long was your best ever road trip?

Would you rather spend a week in New York, Los Angeles or Las Vegas?

Have you ever been camping? What was your favourite part?

Stress

Is there anything in particular that gives you overwhelming anxiety?

How do you handle stressful situations?

What helps you decompress?

What is your biggest fear in life?

Do you have any irrational fears?

Hypothetical

If you could have one superpower, what would it be?

If you could have one more human talent in addition to what you have, what would it be?

What would you do if you won \$10 million tomorrow?

If you could make one book or movie a reality, which would you choose?

If you could be one character from a hit TV show, who would it be?