

Understanding The Big Picture

Often in relationships we get caught up in the little things, such as getting the dishes done, putting out the trash, picking up socks and paying bills.

But we all had dreams as children and may still have the same or new ones.

It can be difficult getting through the boring or less eventful times if we don't feel we are working towards something more significant (Stone, 2019).

Sharing hopes and dreams with a partner can lead to new insights and possibly finding ways of making some of them real.

Use the following *miracle questions* to build trust and connections with your partner, and see life and your relationship as an opportunity to make things happen:

1. If you got a lump sum of money that you could not spend on bills, debts, and fixing the house, how would you spend it?

2. If you could go anywhere on vacation, where would it be?

3. If you are given a hassle and financial free choice to live in the country or in the city, which do you choose?

4. If you can choose any pet, what would it be?

5. If you can design and build any house, and money is no obstacle, what would it look like?
And where?

6. What would each room and the garden look like? Describe them in detail.

7. How many children would you ideally have?

8. What would be your ideal job?

9. How would your workday look (hours, location, working on your own or with other people)?

10. If you were at the top of your field and your colleagues threw you a celebration, what would you want it to look like?

11. If you retired tomorrow, what would you do?

12. If you were in charge of the country, what changes would you make, and how would you like to be remembered?

13. How would you like to be celebrated and remembered after you are gone?

After you ask each question, record the answer and review any trends or insights that you were not previously aware of or you find particularly interesting.

The answers need not be practical or realistic, but should provide a general sense of where your partner wants life to go.

References

- Stone, R. (2019). *Relationship workbook for couples: A guide to deeper connection, trust, and intimacy for couples young and old*. [Kindle DX version]. Retrieved from <https://www.amazon.com/dp/B07Q6Z7CJF/>

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