

# Attachment or Thrill?

## Partner Questionnaire



## How to use this questionnaire

Pick a time and setting where you and your partner are not distracted (maybe while taking a bath together, in your bed, on the couch while holding one another, or sitting in front of one another).

Then, walk through each questionnaire by taking turns asking one another each question.

Keep in mind that sharing does not create responsibility for the other person. But, it adds to your relationship literacy. Once you've developed the literacy, you and your partner can begin to build skills with one another.



# Attachment or Thrill?

## 10 questions to cultivate ATTACHMENT

*Take turns asking and answering  
each question with your partner!*



01.

WHAT WAS THE TOUCH THAT  
BROUGHT YOU COMFORT AS A CHILD?

02.

WHAT'S A THOUGHT THAT KEEPS  
YOU UP AT NIGHT?

03.

WHAT'S YOUR BIGGEST FEAR?

04.

WHAT'S SOMETHING I DON'T KNOW  
ABOUT YOU & YOU WANT ME TO?

05.

WHEN DO I SMELL BEST TO YOU?

06.

IN WHAT SETTING DO YOU FEEL  
MOST CONNECTED TO ME?

07.

IS THERE ANY FORM OF TOUCH THAT  
YOU DON'T LIKE?

08.

WHAT'S THE BEST COMPLIMENT  
YOU'VE EVER RECEIVED?

09.

WHAT FORM OF TOUCH YOU  
WOULD LIKE MORE OF?

10.

WHEN DO YOU FEEL SAFEST  
WITH ME?



# Attachment or Thrill?

## 10 questions to cultivate THRILL

*Take turns asking and answering  
each question with your partner!*



01.

HOW DO YOU TURN YOURSELF  
ON SEXUALLY?

02.

WHEN DID YOU ENJOY OUR SEX  
MOST?

03.

WHAT NEW THINGS WOULD YOU  
LIKE TO TRY SEXUALLY?

04.

DO YOU HAVE ANY SEXUAL FANTASIES  
THAT YOU WANT TO SHARE?

05.

HOW OFTEN WOULD YOU LIKE TO  
HAVE SEXY TIME?

06.

WHAT'S THE SEXIEST THING I'VE  
EVER DONE?

07.

WHAT WOULD MAKE OUR SEXUAL  
INTIMACY BETTER FOR YOU?

08.

WHAT TIME OF DAY DO YOU LIKE  
TO HAVE SEXY TIME?

09.

WHERE DO YOU LIKE TO HAVE  
SEXY TIME?

10.

WHAT'S YOUR IDEAL MOMENT OF  
PHYSICAL INTIMACY?

