

BONUS MATERIAL #2

The 21 Questions That Reopen Emotional Access™

Use one question daily.

1. What's been on your mind lately?
2. What has been stressing you the most recently?
3. What's something you're excited about right now?
4. What's one thing you'd love to do this year?
5. What has made you smile this week?
6. What has been frustrating lately?
7. What's something you wish more people understood about you?
8. What are you praying about these days?
9. What's one thing you're grateful for today?
10. What's something you're looking forward to?
11. What's a goal you'd still love to achieve?
12. What makes you feel most appreciated?
13. What's one challenge you're currently facing?
14. What helps you feel supported?
15. What's a favorite memory of ours?
16. What do you enjoy most about this season of life?
17. What's something you've never told me?
18. What makes you feel most connected to me?
19. What's one thing you'd like us to improve together?
20. What does your ideal weekend look like?
21. How can I love you better this week?