

Love with Boundaries

Q/A Game



Communication and setting and respecting boundaries are key to every relationship! Use this deck to learn more about each other and your relationship(s).

This game was adapted in collaboration with CHECK IT from Humboldt State University.

How to play: Take turns asking a question and then each of you can respond to that question.

For more healthy relationship tools visit our website at joinrvcc.org and Instagram @transformitrvcc.

If you are experiencing harm within a relationship, you deserve support. Below are confidential resources:

National Domestic Violence Hotline:

1-800-799-7233

1-800-787-3224 (TTY for Deaf/Hard of hearing)

Domestic Violence Online Hotline: www.thehotline.org



What makes you feel most loved? How do you like to be shown love?

Bonus: Take the 5 love languages test and discuss your results!

What does a healthy relationship look like to you?

What values are important to you in a relationship?

What does consent mean to you? How can and/or do we embody it in our relationship?

What's one area of our relationship that we are strong in? What's one area that we can grow in?

What is your mission in life?

If we are sexually active: What makes you feel good? What do you enjoy the most when we are intimate?

If we are sexually active: What boundaries do you have when it comes to sexual activities?

Boundaries can change with every situation. It's always important to check in!

What are 3 things you love about me?

What is your favorite memory of us?

What does your upcoming week look like? What's one thing I can do to support you?

What in our relationship are you most grateful for?

If you have or plan to have a child what relationship advice will you share with them?

What is your perfect day?

In what ways are we similar? In what ways are we different? How do we navigate our differences?

When do you feel truly "alive?"

What movie reminds you of us?

If you could gain one skill tomorrow what would it be?

Do we know each other's boundaries? What are they? Are there any that we need to check in about or revise?

How can I best support your goals in life?

How does the pace of our relationship feel? Is our relationship progressing at the kind of pace you are comfortable with?

If you could go back in time, what would you tell your 13 year old self?

What are your relationship dealbreakers?

What are your top 3 favorite songs and why?

What areas do we need to work on in order to build a healthier relationship?

What movie or book character represents you?

Are there any topics we avoid talking about? What makes us hesitant to talk about them?

What's the title of the current chapter of your life?

In what ways do we explore our individual interests and connections with others outside our relationship? Do you feel like you have a solid identity outside our relationship?

What game or movie universe would you most like to live in?

If you could change anything about the way you were raised, what would it be?

What fictional place would you like to visit?

What are the little things that make your day better?

How do we express disagreements/conflict in our relationship? What kind of work do we need to do in this area?

If you could travel anywhere in the world, where would you go?

Who is your dream dinner guest (dead or alive). What would the menu look like?

Do you feel heard in our relationship? Do you feel like you have an equal say in decisions that impact our relationship?

What is the most courageous thing you've done?

What were some of the major turning points in your life?

What is your perfect 3 course meal?

What is the sweetest moment you've ever witnessed?

What key things have you learned about yourself and your needs from your past relationships?

What is your most treasured memory?

What life experiences have shaped you the most?

How would you describe your parent(s) or guardian(s) relationship with one another or with their other partners? What lessons did you learn from their relationships?

What is a dream of yours that you have yet to pursue? Is there anything getting in your way of working towards this dream?

What is the greatest accomplishment of your life so far?

When did you last cry and why?

Who inspires you to be better?

How would you describe yourself in high school?

Where do you envision yourself in 5 years?

Who/what provides a sense of home?

**What brings
you joy?**