

Just Between Us

A Playful Couples Workbook — Fun, Deep & Flirty Questions

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Welcome

However long you've been together, there's always more to learn about each other. This workbook is meant to be read out loud on the couch, at a bar, in bed, on a road trip — wherever the two of you like to talk. There's no clinical agenda here, just an excuse to be curious about each other again.

Some questions are silly. Some are surprisingly deep. Some are flirty. Skip around, argue over answers, and don't take any of it too seriously unless a question happens to hit.

How to Use This Workbook

- Skip around — there's no required order. Read a page out loud and just start talking.
- Some pages are for writing your own answer; some are for guessing your partner's answer first.
- Turn it into a game night: take turns, keep score on the Trivia Scorecard in the companion sheet, loser buys dessert.
- Revisit this in a year — answers change, and that's half the fun.

Contents

1. Warm-Up — Easy icebreakers to get you talking
2. How Well Do You Know Me? — Guess your partner's answer before you check
3. Throwback & Firsts — Your history, revisited
4. Silly & Ridiculous — Would-you-rather and hypotheticals
5. Deep & Real — A little more vulnerable
6. Flirty & Romantic — For the two of you only
7. Future & Dreams — What you're building together
8. Us as a Team — Appreciation and partnership
9. Love Notes — Wrap it up

CATEGORY 1

Warm-Up

Easy icebreakers to get you talking

Start here. Nothing heavy yet — just quick, easy questions to get comfortable answering out loud.

What's your go-to order at our favorite restaurant, and has it ever changed?

What's a small thing I do that instantly makes you smile?

What's your ideal lazy Sunday with me, hour by hour?

What's a song that instantly reminds you of us?

CATEGORY 2

How Well Do You Know Me?

Guess your partner's answer before you check

Write your own answer. Then guess what you think your partner wrote, before comparing. Be honest about how you did.

My idea of a perfect first date (that isn't necessarily how ours went).

MY ANSWER

MY GUESS AT MY PARTNER'S ANSWER

The most embarrassing thing that's ever happened to me.

MY ANSWER

MY GUESS AT MY PARTNER'S ANSWER

My biggest pet peeve that has nothing to do with you.

MY ANSWER

MY GUESS AT MY PARTNER'S ANSWER

The celebrity I'd be starstruck to meet.

MY ANSWER

MY GUESS AT MY PARTNER'S ANSWER

My comfort food when I'm having a rough day.

MY ANSWER

MY GUESS AT MY PARTNER'S ANSWER

CATEGORY 3

Throwback & Firsts

Your history, revisited

Memory is a funny thing — you may not remember these the same way. That's part of the fun.

What was your honest first impression of me?

When did you first think 'this could be serious'?

What's your favorite memory from our first year together?

What's a moment early on that you wish you could relive exactly as it happened?

CATEGORY 4

Silly & Ridiculous

Would-you-rather and hypotheticals

No wrong answers. Argue as much as you want.

Would you rather give up coffee/tea forever or give up your phone for a month?

If we swapped bodies for a day, what's the first thing you'd do?

What's the most ridiculous hill you'd die on in an argument with me?

If our relationship were a movie genre, which one, and why?

Pick our couple superhero names and powers.

CATEGORY 5

Deep & Real

A little more vulnerable

Slow down for this one. These are meant to be answered honestly, even if it takes a minute to find the words.

What's something you needed from a partner that you didn't get before us?

What's a fear you have about our future that you don't say out loud often?

When do you feel most loved by me — specifically, not in general?

What's something you've never told me because it felt too small to mention?

What does 'home' mean to you, and do I feel like home?

CATEGORY 6

Flirty & Romantic

For the two of you only

Keep this section just between you two — flirty, romantic, a little bold if you want it to be.

What's something I do that you find irresistibly attractive?

Describe your idea of the perfect romantic evening with me, start to finish.

What's a compliment you love hearing from me and wish I said more often?

What's a small gesture that makes you feel desired?

Write a flirty note to me right now, just because.

CATEGORY 7

Future & Dreams

What you're building together

Some of these are big, some are just fun to imagine out loud.

What's on your bucket list for us in the next 5 years?

If money weren't a factor, where would we live?

What's a tradition you'd love for us to start?

What does your dream version of us at 80 years old look like?

CATEGORY 8

Us as a Team

Appreciation and partnership

A quick check-in on how you show up for each other — lighter than a 'relationship talk,' but real.

What's something I do that makes your life easier?

What's a way we're a genuinely great team?

What's one thing you'd like us to try together that we haven't yet?

What's something you're proud of us for getting through?

CATEGORY 9

Love Notes

Wrap it up

Finish the workbook here. Come back and add to this page any time.

Write your partner a short love note, right now, about anything you want.

What's one thing you learned about your partner from this workbook?

What's a promise you want to make to each other going forward?