

Couple/Family Relationship Enhancement “Dinner Questions”

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Couples and families with children often complain they have nothing to talk about, or worse yet, when they do they only find themselves arguing. We know that all relationships need constant maintenance and improvements. And, communication is key to healthy relationship building.

So, many years ago my family began what we have termed “Dinner Questions” because these were asked at the dinner table. Of course it is not necessary to restrict such queries to only meal times but this seems to be a time when people gather to converse and connect. Initially we began by each person developing their own question to pose to those seated at the table. Eventually, we found books that listed interesting questions on a variety of topics. Today there are websites that provide lists as well as nicely boxed and categorized question cards for sale. I have listed just a few to get people started on the idea.

How to use these? The following are just a few of the fun ways to use these questions to promote and enhance communication, add fun to family dinners (or any gathering), promote skills in language, promote a deeper understanding about those you care about and much more. We have even used this idea when traveling to help enhance vacation experiences. When traveling with other people it is fun to choose at the beginning of each day who will be in charge of the dinner question at the evening meal and the question is to have something to do with what was seen/experienced that day (and how that may impact or affect each person). The person chosen then has a greater awareness of developing a special question that is most relevant for that day and for those travelers.

There are many, many ways to adapt and individualize questions. Couples in a new relationship may want to ask ever more depth producing questions. Long-term relationships may discover new and unearthed areas to explore much like an exciting archeological site where new findings are spectacular and exciting!

You can ask a family member to “pick” a number from 1-? (the end number of questions on this list). The “birthday” person chooses the question or the number. Family members rotate clockwise each time to pick the question. Family members can either A. Respond to the question or B. Add a new question to the list.

The idea is to have fun, learn something about someone (maybe yourself), and be creative!

1. If you could have picked your own name what would it be?
2. What animal would you be?

3. Which is your favorite cartoon character?
4. Which character in a book best describes who you are?
5. If you could cook for me what would it be?
6. If you were granted three wishes from a genie what would you wish?
7. Do you do dance crazy when no one is looking?
8. Why is the alphabet in that order? Is it because of that song?
9. Tell me the five best things about you.
10. What does the word "success" mean to you?
11. Who would you rather be: an NBA ballplayer, the mayor, a famous explorer, or a movie star? Why?
12. Which of your friends do you think I like the most? Why?
13. What would be the ideal allowance? Tell me how you would use it.
14. What Punishment have I given you that you thought was really unfair? Why?
15. If you could keep your room any way you wanted, how would it look?
16. What are the qualities that make a good friend?
17. What was your favorite toy when you were little?
18. What do you think of my driving?
19. What is the most enjoyable thing our family has done together in the last three years?
20. What do you think is beyond the stars?
21. Name two things we should do as a family this weekend?
22. If you were going to have a weird, unusual pet, what would it be? Why would you want that pet?
23. How do you describe me to your friends?
24. What would you do if you were invisible for a day?

25. Do you think any of our neighbors are scary?
26. If you could invite any person living or dead to dinner who would it be? Why?
27. If you could go back in time to spend one day what time period would you choose? Why?
28. When do you feel the most self-conscious? What contributes to this?
29. If you could live one year in the future how far would you want to go and what would you want to do then?
30. If you could relive one day in your life over again what day would that be?
31. What punishment or discipline taught you an important lesson?
32. If you could spend an hour with the President of the United States what would you want to say or do?
33. If you could spend a day with a head-of-state of another country which country and person would that be and why?
34. Describe your perfect birthday.
35. Describe an ideal day.
36. Imagine that you own and live on an island. Describe it.