

WOULD YOUR PARTNER RATHER...



Take turns guessing what your partner would choose and why. The goal isn't to win... it's to UNDERSTAND each other better, and build the habit of summarizing & empathizing in a fun way.

HOW TO PLAY:

1. **Pick a Question.** Choose from the list or make up your own.
2. **Guess** What Your Partner Would Choose.
Say, *"I think you'd rather..."*
3. **Explain** Why You Guessed That. Try to imagine their experience, not yours.
4. **Partner Shares** Their Actual Answer, and Why.
5. **Reflect and Empathize.** Use phrases like:
 - *"I can see how that would matter to you..."*
 - *"I can see why you feel that way, given..."*
 - *"I can see that this is really important to you."*
6. **Switch Roles.** Take turns until you've both had a chance to be seen.
7. **Bonus Round** = Share what you learned about each other. *"What surprised you? What did you learn?"*



TIPS FOR MAKING "WOULD YOUR PARTNER RATHER" YOUR OWN:

- The point is **understanding**, not accuracy. It's okay if you guess "wrong." Every round helps you understand your partner a little bit better.
- **Catch** the message before responding. Practice the rhythm that builds the habit of empathy in relationships.
- Keep it playful, or go deeper. You can keep it light and fun, or use the prompts to start meaningful conversations. **Join, rather than judge.**

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Play your way into better perspective-taking & a deeper connection.

DAILY CHECK-INS	WEEKLY CONVOS
Plan surprises.	Be surprised.
NEW HOBBY TOGETHER	MASTER AN OLD ONE
HEAR "I LOVE YOU"	SHOWN IN ACTIONS
<i>A DAY OF BEING INVISIBLE</i>	<i>READ EACH OTHER'S MINDS</i>
Have more deep talks	Share more laughter
weekly date night forever	one dream vacation a year
QUALITY CONVERSATION	QUIET COMPANIONSHIP
<i>SPEAK EVERY LANGUAGE</i>	<i>PLAY EVERY INSTRUMENT</i>
Be emotionally soothed	Be mentally stimulated
binge-watch a show	watch a favorite movie
CHORES TOGETHER	DIVIDE & CONQUER
Swap bodies for 24 hours	Swap personalities for a day

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Relive your favorite memory	Fast-forward to your dream future
Know you're heard	Know you're needed
SAY WHAT YOU NEED	HOPE YOUR PARTNER NOTICES
FEEL SEEN	FEEL SUPPORTED
<i>RECEIVE A THOUGHTFUL GIFT</i>	<i>GET A HANDWRITTEN NOTE</i>
Spontaneous nights out	Cozy nights in together
Plan the next year	Reflect on the last one
BE FULLY UNDERSTOOD	BE FULLY ACCEPTED
<i>HAVE THE SAME OPINIONS</i>	<i>DIFFERENT PERSPECTIVES</i>
Live in a treehouse for a year	Sail around the world for a year
RECEIVE FLOWERS	RECEIVE A PLAYLIST
PRIORITIZE CONNECTION	OPTIMIZE FOR PRODUCTIVITY
Always dress up together	Always lounge together

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RETIRE EARLY	DO WORK THEY LOVE FOREVER
Get a thoughtful text midday	Come home to a clean space
BE CHERISHED IN PRIVATE	BE CHEERED FOR IN PUBLIC
BE REASSURED OFTEN	BE TRUSTED FULLY
Play a board game	Build something together
<i>COOK DINNER SIDE BY SIDE</i>	<i>WALK HOLDING HANDS</i>
Share a vulnerable truth	Receive a vulnerable truth
WATCH THE SUNSET TOGETHER	SLEEP IN TOGETHER
Renovate your dream home	Travel the world for a year
NO SCREENS	NO PLANS
<i>HEAR A HEARTFELT COMPLIMENT</i>	<i>RECEIVE A WARM HUG</i>
Wake up every day in a new city	Always return to the same cozy cabin
<i>Be asked "what do you need?"</i>	<i>Be told "I've got you."</i>

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