

A FREE REFLECTION FOR COUPLES

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# Feeling Like Roommates?

5 questions to help you reconnect  
and remember what you're  
building together.



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## 5 Questions to Rediscover Your Why as a Couple

*A short reflection to do together. Set aside twenty quiet minutes, one pen or two, and answer honestly. There are no wrong answers here, only the ones you haven't said out loud yet.*

**1. What did we get married for?** Not the wedding, the marriage. When you said yes, what were you hoping to build together? Write down what first comes to mind, even if it feels simple or you're not sure it's still true.

**2. What are we actually building right now?** Look at how you spend your days, where you spend your money, and where your attention is focused on. What does that say you're building together, whether you meant to or not? Sometimes what we're building drifts from what we set out to build, and that's worth noticing without blame.

**3. What keeps pulling us apart?** Make a quick list of the things you fight about or feel divided over: money, sex, the kids, how you spend your time. Then ask the harder question underneath: is it really the difference itself that divides us, or the way we've stopped enjoying each other across it?

**4. What do I still enjoy about you?** Think about your spouse's smile, their laugh, the way they light up over something. What did you fall for, and when did you last really see it? Write down one thing you still love watching them do.

**5. What is our cause?** Every lasting union is held together by something bigger than the two people in it. Freedom held the colonies together. A shared faith in Christ holds the church together. So what holds you two together? What are you unified around? If you don't have an answer yet, that's not a failure; it might just be the most important conversation you haven't had.

*If these questions stirred something up, or left you wanting help answering them, that's exactly the kind of work I do with couples. [Work with me →](#)*

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