

COUPLES CHALLENGE

Priya & Arjun

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CHAPTERS

36

LANGUAGE

English

PREPARED

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Thirty evenings, one question at a time

PREPARED BY

Pothi

Vedic reports, computed and explained
8441966080 · shravanmeena47@gmail.com

Contents

Priya & Arjun — this is yours.

What was the exact moment you knew?

What is a small thing I do that you have never told me...

Which photograph of us would you keep, if you could...

What did you think of me in the first week, honestly?

Which place we have been to would you go back to to...

What is something we used to do that we quietly stop...

When in the last year did you feel closest to me?

Week 1 — Check-in

How do you know when I am not okay, before I say it?

When you are upset, do you want space or company?

What did love look like in your family — and did you w...

What makes you feel most appreciated — words, tim...

Which part of your day do you most wish I asked abo...

What do you think I worry about that I never mention?

What is one thing about you that I still misread?

Week 2 — Check-in

Priya — What is something you have wanted to say fo...

Arjun — What is the argument we keep having in diffe...

Priya — When we fight, what do you need from me in...

Arjun — Is there something you gave up for us that y...

Priya — Where do you feel alone even when I am in t...

Arjun — What is something you have forgiven me for...

Priya — What would you want me to do differently, if y...

Week 3 — Check-in

What do you want our ordinary Tuesday to look like in...

What is one thing you want us to be brave about?

What makes you feel wanted — not loved, wanted?

What is something you want to try together that you h...

What would you like more of, and what would you like...

What is a promise you would make me today that you...

How do you want to be loved when you are old and di...

Week 4 — Check-in

What changed in these thirty days?

Which question do you want to ask me again a year fr...

Thirty days.

Priya & Arjun — this is yours.

A personalised love challenge, made for the two of you

Since March 2019

For the next thirty days, you have one question a day and one small thing to do. That is all. No scores, no homework, nothing to get right.

Some questions take two minutes. Some will take the whole evening, and those are usually the ones worth having. Answer out loud if you can — reading an answer is not the same as hearing it.

Miss a day and nothing breaks. Pick it up the next evening. The point was never the streak.

One rule, and it matters most in Week 3: whoever is listening, listens all the way to the end before replying.

What was the exact moment you knew?

Priya & Arjun · Day 1 of 30

Reconnect & Remember Us

Not the first date. The moment underneath it — when something quietly settled and you stopped wondering.

Today's tiny action: Tell each other where you were standing. The room, the light, the time of day.

— Space to write, if you want to

What is a small thing I do that you have never told me you like?

Priya & Arjun · Day 2 of 30

Reconnect & Remember Us

Not the big things. The habit you would miss without being able to explain why.

Today's tiny action: Say it out loud today, once.

— Space to write, if you want to

Which photograph of us would you keep, if you could keep only one?

Priya & Arjun · Day 3 of 30

Reconnect & Remember Us

Not the best one. The one you would actually choose.

Today's tiny action: Find it. Look at it together for a full minute.

— Space to write, if you want to

What did you think of me in the first week, honestly?

Priya & Arjun · Day 4 of 30

Reconnect & Remember Us

Before you decided anything. The first read.

Today's tiny action: No editing. Say the unflattering part too.

— Space to write, if you want to

Which place we have been to would you go back to tomorrow?

Priya & Arjun · Day 5 of 30

Reconnect & Remember Us

Somewhere you have already been, not somewhere you want to go.

Today's tiny action: Put a date on the calendar. Any date. It can move.

— Space to write, if you want to

What is something we used to do that we quietly stopped doing?

Priya & Arjun · Day 6 of 30

Reconnect & Remember Us

Nothing dramatic. The thing that fell off without either of you deciding.

Today's tiny action: Do it this week. Doing it badly counts.

— Space to write, if you want to

When in the last year did you feel closest to me?

Priya & Arjun · Day 7 of 30

Reconnect & Remember Us

A specific evening, not a period.

Today's tiny action: Recreate one small part of that evening tonight.

— Space to write, if you want to

Week 1 — Check-in

Reconnect & Remember Us

Answer these separately, then read them to each other.

Start where it is easy. This week is only about remembering out loud.

- Which day this week did you think about afterwards?
- What did you learn that you did not already know?
- One thing your partner did this week that you noticed and did not say out loud.
- Say it now.
- Priya _____ · Arjun _____

How do you know when I am not okay, before I say it?

Priya & Arjun · Day 8 of 30

Understand Each Other Better

You already know. This is asking you to say how.

Today's tiny action: Name the exact tell.

— Space to write, if you want to

When you are upset, do you want space or company?

Priya & Arjun · Day 9 of 30

Understand Each Other Better

Most fights about comfort are really this question, unasked.

Today's tiny action: Agree on one word that means 'the other one, please'.

— Space to write, if you want to

What did love look like in your family — and did you want that?

Priya & Arjun · Day 10 of 30

Understand Each Other Better

How the adults around you did it, not how they described it.

Today's tiny action: Name one thing you kept, and one you left behind.

— Space to write, if you want to

What makes you feel most appreciated — words, time, or something done for you?

Priya & Arjun · Day 11 of 30

Understand Each Other Better

There is usually one that lands and two that do not.

Today's tiny action: Give the other one exactly that, today.

— Space to write, if you want to

Which part of your day do you most wish I asked about?

Priya & Arjun · Day 12 of 30

Understand Each Other Better

The part you would talk about if anybody asked.

Today's tiny action: Ask about it tomorrow, unprompted.

— Space to write, if you want to

What do you think I worry about that I never mention?

Priya & Arjun · Day 13 of 30

Understand Each Other Better

Guess. Being wrong is useful here too.

Today's tiny action: Guess first. Then be corrected.

— Space to write, if you want to

What is one thing about you that I still misread?

Priya & Arjun · Day 14 of 30

Understand Each Other Better

Something you have explained before and it did not land.

Today's tiny action: Explain it once more, patiently. Last time.

— Space to write, if you want to

Week 2 — Check-in

Understand Each Other Better

Answer these separately, then read them to each other.

Less history, more mechanics. How each of you actually works.

- Which day this week did you think about afterwards?
- What did you learn that you did not already know?
- One thing your partner did this week that you noticed and did not say out loud.
- Say it now.
- Priya _____ · Arjun _____

Priya — What is something you have wanted to say for a while, and haven't?

Priya & Arjun · Day 15 of 30

Talk About the Hard (But Safe) Stuff

Not an accusation. A thing you have been carrying quietly, because the moment never seemed right.

Before you begin — Arjun: Your only job is to listen, then say one sentence back: what you heard. Not what you think about it.

Today's tiny action: Swap tomorrow — this question belongs to both of you.

— Space to write, if you want to

Arjun — What is the argument we keep having in different clothes?

Priya & Arjun · Day 16 of 30

Talk About the Hard (But Safe) Stuff

The one that is never really about the dishes.

Before you begin — Priya: Describe the pattern, not the last time it happened. No examples with dates.

Today's tiny action: Name it. Give it a short, slightly silly name you can both use later.

— Space to write, if you want to

Priya — When we fight, what do you need from me in the first ten minutes?

Priya & Arjun · Day 17 of 30

Talk About the Hard (But Safe) Stuff

The first ten minutes decide the next two hours.

Before you begin — Arjun: Answer for yourself only. Do not answer on the other's behalf.

Today's tiny action: Write both answers somewhere you will actually see them.

— Space to write, if you want to

Arjun — Is there something you gave up for us that you still miss?

Priya & Arjun · Day 18 of 30

Talk About the Hard (But Safe) Stuff

It does not have to be anyone's fault to still be true.

Before you begin — Priya: This is not a request for an apology. Do not offer one.

Today's tiny action: Ask what a small piece of it could look like now.

— Space to write, if you want to

Priya — Where do you feel alone even when I am in the room?

Priya & Arjun · Day 19 of 30

Talk About the Hard (But Safe) Stuff

The loneliness that has nothing to do with distance.

Before you begin — Arjun: No fixing today. No solutions, no plans. Only listening.

Today's tiny action: Sit with it. Tomorrow is soon enough to do something about it.

— Space to write, if you want to

Arjun — What is something you have forgiven me for without ever telling me?

Priya & Arjun · Day 20 of 30

Talk About the Hard (But Safe) Stuff

You let it go. This is just saying that you did.

Before you begin — Priya: Receive it without explaining yourself. The explanation is not the point today.

Today's tiny action: Say thank you. That is the whole action.

— Space to write, if you want to

Priya — What would you want me to do differently, if you knew for certain I would not take it badly?

Priya & Arjun · Day 21 of 30

Talk About the Hard (But Safe) Stuff

The thing you soften every time you nearly say it.

Before you begin — Arjun: Take it as information, not as a verdict. You asked.

Today's tiny action: Pick one. Only one. Start this week.

— Space to write, if you want to

Week 3 — Check-in

Talk About the Hard (But Safe) Stuff

Answer these separately, then read them to each other.

The week that earns the other three. Read the listening rule on every page — it is not decoration.

- Which day this week did you think about afterwards?
- What did you learn that you did not already know?
- One thing your partner did this week that you noticed and did not say out loud.
- Say it now.
- Priya _____ · Arjun _____

What do you want our ordinary Tuesday to look like in five years?

Priya & Arjun · Day 22 of 30

Dream, Plan, and Deepen Intimacy

Not the holidays. The Tuesday.

Today's tiny action: Describe the morning, not the milestones.

— Space to write, if you want to

What is one thing you want us to be brave about?

Priya & Arjun · Day 23 of 30

Dream, Plan, and Deepen Intimacy

Something you have both been circling for a while.

Today's tiny action: Say the first step out loud, however small.

— Space to write, if you want to

What makes you feel wanted — not loved, wanted?

Priya & Arjun · Day 24 of 30

Dream, Plan, and Deepen Intimacy

They are different, and only one of them is usually being said.

Today's tiny action: Be specific. Vague answers help nobody.

— Space to write, if you want to

What is something you want to try together that you have never asked for?

Priya & Arjun · Day 25 of 30

Dream, Plan, and Deepen Intimacy

Anywhere in the relationship. Not only in bed.

Today's tiny action: Ask now. 'Not yet' is a complete answer.

— Space to write, if you want to

What would you like more of, and what would you like less of?

Priya & Arjun · Day 26 of 30

Dream, Plan, and Deepen Intimacy

One of each. This is a trade, not a complaint.

Today's tiny action: Say both. Then agree on one change each.

— Space to write, if you want to

What is a promise you would make me today that you did not make at the start?

Priya & Arjun · Day 27 of 30

Dream, Plan, and Deepen Intimacy

You know more now than you did then.

Today's tiny action: Write it down. Both of you. Keep the paper.

— Space to write, if you want to

How do you want to be loved when you are old and difficult?

Priya & Arjun · Day 28 of 30

Dream, Plan, and Deepen Intimacy

You will be. So will they.

Today's tiny action: Answer seriously first. Then laugh about it.

— Space to write, if you want to

Week 4 — Check-in

Dream, Plan, and Deepen Intimacy

Answer these separately, then read them to each other.

Forward-facing. What you are building, and what you want more of.

- Which day this week did you think about afterwards?
- What did you learn that you did not already know?
- One thing your partner did this week that you noticed and did not say out loud.
- Say it now.
- Priya _____ · Arjun _____

What changed in these thirty days?

Priya & Arjun · Day 29 of 30

The Last Two Days

Something did, even if it is small and hard to name.

Today's tiny action: Answer separately, then read both answers aloud.

— Space to write, if you want to

Which question do you want to ask me again a year from now?

Priya & Arjun · Day 30 of 30

The Last Two Days

Pick one from these thirty. There is usually an obvious one.

Today's tiny action: Set a reminder for that date. Today, before you close this book.

— Space to write, if you want to

Thirty days.

Priya & Arjun finished the 30-day challenge together.

Since March 2019 · Completed 16 September 2026

You asked each other thirty questions. Some were easy. At least one was not, and you asked it anyway — that is the part worth keeping.

Nothing here expires. Turn back to any day whenever the house gets quiet.

Questions about this report?

Write to us — a person reads every message. Ask about your chart, your reading, or your order.

WhatsApp [84419 66080](https://wa.me/8441966080)

Email shravanmeena47@gmail.com

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