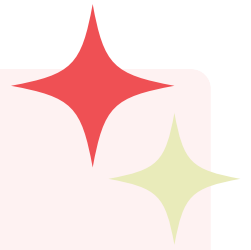


100 Meaningful Couples Conversation Starters

BOOST CLOSENESS AND AFFECTION WITH THESE QUESTIONS



After Work or End-of-Day Check-In

1. What was the best part of your day?
2. What was the hardest part of your day?
3. How did your day feel overall?
4. What took the most energy out of you today?
5. How are you feeling as the day ends?
6. What made you smile today?
7. How did you handle the stressful part of your day?
8. What felt meaningful today?
9. What do you wish I knew about your day?
10. What are you glad is over today?

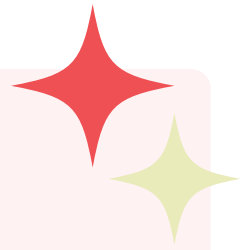
Support and Care

1. What do you need most tonight?
2. How can I support you better right now?
3. What would help you feel more settled tonight?
4. How can I make tomorrow easier for you?
5. What would feel good at the end of today?
6. What has felt supportive from me recently?
7. What would help you feel less alone right now?
8. How can we make tonight feel a little softer?
9. What kind of connection sounds good to you tonight?
10. How do you want to recharge this evening?

Debbie Cherry, LMFT

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What's Been on Your Mind

1. What has been on your mind lately?
2. How has that been affecting you?
3. What has been taking up space in your head?
4. What is one memory of us you love to revisit?
5. What feels especially important to you right now?
6. What is something fun we should do again soon?
7. What is something you want to say out loud?
8. What feels unfinished in your mind right now?
9. What are you wanting more of these days?
10. What is one thing you wish I'd keep doing?

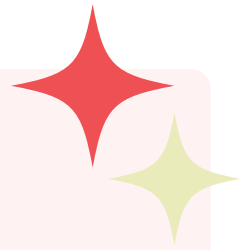
Emotional Awareness and Self-Reflection

1. What has made you feel most alive recently?
2. How did you feel most like yourself today?
3. What felt off today?
4. How do you know when you are overwhelmed?
5. What helps you feel calm lately?
6. How have you been taking care of yourself?
7. What are you still figuring out right now?
8. What is something you are learning about yourself?
9. What has been draining you most?
10. What are you becoming more aware of in yourself?

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Closeness and Emotional Connection

1. What helps you feel close to me?
2. How can I help you feel more connected to me lately?
3. What has made you feel cared for recently?
4. How do you feel most loved in everyday life?
5. What is one thing I did lately that meant a lot to you?
6. What do I do that makes you feel respected?
7. What helps you feel understood?
8. How can I listen in a way that feels better to you?
9. What is one thing you wish I noticed more?
10. How can we make more room for closeness this week?

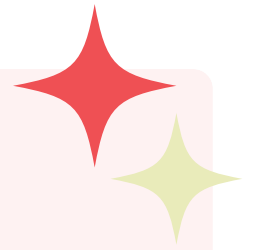
Growing Closer Questions

1. What has felt good between us lately?
2. How do you feel about us these days?
3. What would help us feel more connected this week?
4. How can we protect our connection when we're busy?
5. What is one thing we should make more time for?
6. How do we tend to lose each other when life gets full?
7. What is one thing we do that helps us feel like us?
8. How can we get back to that more often?
9. What do you miss that we used to do?
10. How do you want our relationship to feel lately?

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Light, Playful, Fun and Flirty

1. What sounds fun to you lately?
2. What kind of affection do you never get tired of?
3. What would be a perfect low-pressure evening?
4. What is one thing I do that still gives you a little spark?
5. What is something random that made you laugh?
6. How can we bring more play into normal days?
7. What have you been curious about lately?
8. How do you want to enjoy our time together tonight?
9. What is something you want to try soon?
10. How can we make ordinary life feel a little more fun?

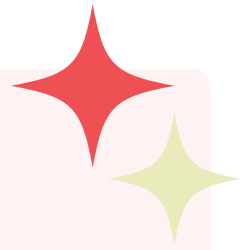
Small Joys and Everyday Positivity

1. What are you enjoying lately that surprises you?
2. How have you been finding little moments of joy?
3. What is one little thing you are excited about?
4. How can we notice more good moments together?
5. What has been encouraging you lately?
6. How do you want to celebrate small wins more?
7. What are you grateful for today?
8. How did something small make a difference today?
9. What is something beautiful you noticed today?
10. How can we slow down enough to enjoy things more?

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Stress, Frustration, and What Feels Hard

1. What has been harder than it looks lately?
2. How has stress been showing up for you?
3. What has been frustrating you most?
4. How can I better understand what feels hard right?
5. How should we make this week a little lighter?
6. How do you usually need support when frustrated?
7. What is one thing you are worried about?
8. How do you want to handle tomorrow differently?
9. What would you love for me to understand better?
10. How can we make hard days easier on us as a couple?

Meaning, Hope, and Looking Ahead

1. What is one thing you feel hopeful about?
2. How do you want the next few days to feel?
3. What is something you are looking forward to?
4. What can we look forward to together?
5. What feels most important to you right now?
6. How do you want to grow in this season of life?
7. What do you want more of in our day-to-day life?
8. How can we stay connected to what matters most?
9. What would feel restorative this weekend?
10. How do you want us to feel together moving forward?

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