

40 conversation starters for couples who stopped talking

Pick one a night. Take turns answering. Take turns answering. Listen first, reply second.

Light

1. What was the best part of your day, even if it was small?
2. What is something you are looking forward to this week?
3. If we had a free Saturday with no plans, what would you want to do?
4. What song or show has been stuck in your head lately?
5. What is a food you could eat every week and never tire of?
6. Where would you go if we had one night away, somewhere nearby?
7. What made you laugh this week?
8. What is one small thing that would make tomorrow easier for you?
9. Which friend have you been meaning to call?
10. What is something new you would like to try this year?
11. What did you want to be when you were ten?
12. What is a habit of yours you are quietly proud of?
13. What is the best meal we have ever shared?
14. If you could learn one skill overnight, what would it be?

Deeper

15. What has been on your mind more than you have said out loud?
16. When did you last feel really proud of yourself?
17. What is something you are worried about that I might not know?
18. What does a good week look like for you right now?
19. What do you miss about the way we used to spend time?
20. What is one thing you wish people understood about you?
21. Which part of your life feels heavy at the moment?
22. What helps you feel rested, and when did you last get it?
23. What is a dream you have put on hold?
24. What did your family teach you about arguing?
25. When do you feel most like yourself these days?
26. What is one thing you would change about your daily routine?
27. What kind of support helps you most when you are stressed?
28. What is something you have changed your mind about recently?

About us

29. When did you feel closest to me this month?
30. What is one thing I do that makes you feel cared for?
31. What is a memory of us you come back to often?
32. What is one small ritual we could start together?
33. When do you feel most like a team with me?
34. What is something you would like more of between us?
35. What did you first notice about me?
36. What is one thing we handle well as a couple?
37. How can I make your mornings or evenings a little easier?
38. What would you like us to do together before the end of the year?
39. What do you appreciate about me that you have not said lately?
40. What would make you feel more connected to me this week?

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