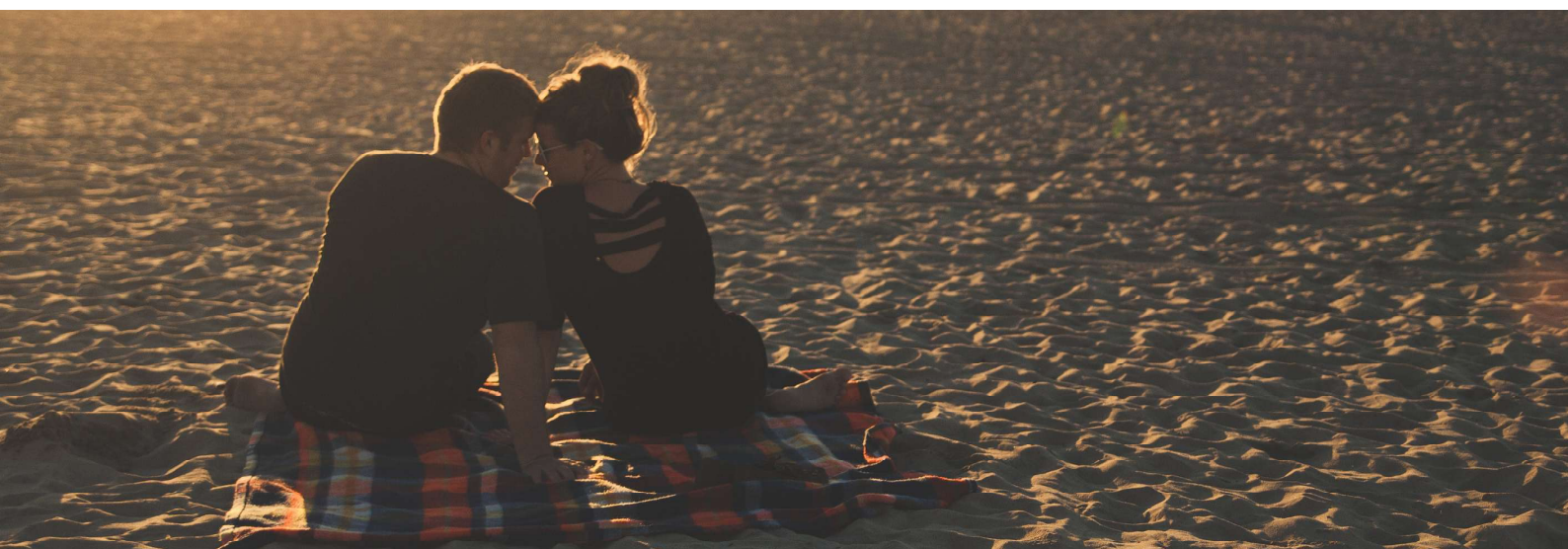


A photograph of a woman with brown hair and bangs, wearing a green top, laughing heartily while sitting on a man's lap. The man is wearing a grey and white striped shirt and is also smiling. The background is a soft-focus indoor setting.

Beyond the To-Do List

*A Couples
Conversation Guide
to Help You
Reconnect*



When life gets busy, it's easy for conversations to become practical.

Who's collecting the children?

What's for dinner?

Have the bills been paid?

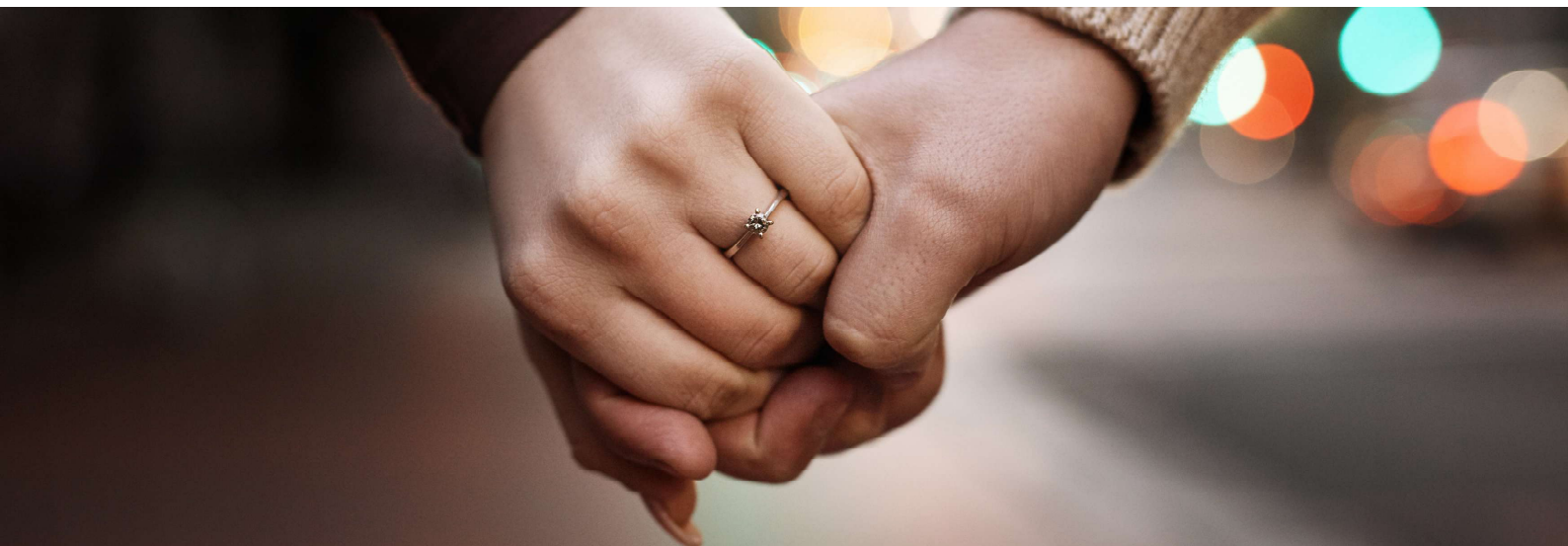
What are we doing this weekend?

These conversations are important, but they can sometimes leave little room for the conversations that help us feel connected as a couple.

This guide has been created to help you move beyond the daily to-do list and make space for meaningful connection.

There are no right or wrong answers. You don't need to work through every question in one sitting. Simply choose a few that resonate and enjoy the opportunity to learn something new about each other, reminisce about shared experiences, or explore hopes for the future.

Put the phones away, make a cup of tea (or pour a glass of something nice), and enjoy some uninterrupted time together.



Remembering Us

Sometimes the strongest connections are built by revisiting the moments that brought us together.

- What was your first impression of me?
- What is one of your favourite memories of us?
- When did you realise our relationship was becoming serious?
- What made you fall in love with me?
- What is something we used to do together that you'd like to do more often?
- What is one challenge we've overcome together that you're proud of?



Appreciating Each Other

It's easy to notice what isn't working when life feels stressful. Taking time to recognise what we value in each other can strengthen connection.

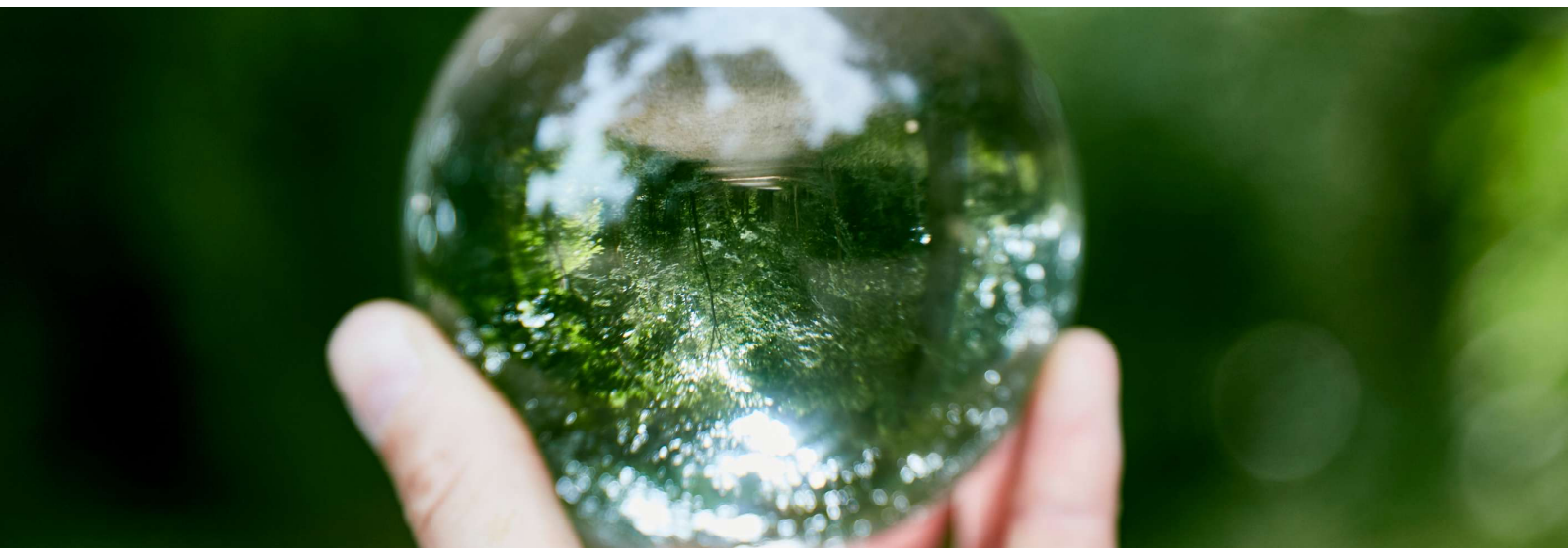
- What is something you appreciate about me that you don't say often?
- When do you feel most loved by me?
- What do you think are our greatest strengths as a couple?
- What is something I do that makes your life easier?
- What qualities do you admire in me?
- What is one thing we've taught each other?



Life Right Now

Relationships don't exist in a vacuum. Understanding what's happening for each other today can help us feel more connected and supported.

- What has been the best part of your week so far?
- What is currently causing you stress or worry?
- Is there anything you wish I understood better about how you're feeling?
- What helps you feel supported when life is difficult?



Looking Ahead

Making time to talk about the future can help couples feel like they are moving forward together.

- What would you love us to do more of over the next year?
- Is there somewhere you'd like us to visit together?
- What is a goal you'd like us to work towards as a couple?
- What would make the next 12 months feel meaningful for you?
- What is something you'd like us to prioritise more as a couple?
- What are you most excited about for our future?



Just for Fun

Not every meaningful conversation has to be serious.

- If we won the lottery tomorrow, what's the first thing we'd do?
- Which three people (living or dead) would you invite to a dinner party?
- What would your perfect day look like?
- If we could instantly learn a new skill together, what would it be?
- What always makes you laugh?
- What is something you've always wanted to try?



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