FREE FAMILY TOOL

Talk Together Question Cards



Twelve questions, one for each theme in the Held Steady Together books. Every book in the series asks the same question, so the whole family can answer it together, wherever each person is. **Cut out the cards and use one a week:** at dinner, on a call, in a message, or in a letter.

THEME 1 | BEFORE

Understanding the Work

Tell me one thing about your day.

TALK TOGETHER

THEME 2 | BEFORE

Goodbyes and Staying Connected

When is our best time to talk?

TALK TOGETHER

THEME 3 | WHILE APART

Naming What We Feel

Share one feeling from this week and one thing that helped.

TALK TOGETHER

THEME 4 | WHILE APART

A Calm Breath

Teach each other one way you calmed down this week.

TALK TOGETHER

THEME 5 | WHILE APART

Letting the Body Rest

Where do you feel stress in your body?

TALK TOGETHER

THEME 6 | WHILE APART

Here and Now

Name three things you can see right now.

TALK TOGETHER

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Cards 7 to 12. Keep the set somewhere easy to reach, like the fridge or a phone case.



THEME 7 | WHILE APART

Carrying Worry

Name one thing in your control today.

TALK TOGETHER

THEME 8 | WHILE APART

Routines That Hold Us

What is your favorite part of your day right now?

TALK TOGETHER

THEME 9 | WHILE APART

Our People

Who helped you this week?

TALK TOGETHER

THEME 10 | WHILE APART

Being Kind to Ourselves

Say one kind thing to yourself and one to each other.

TALK TOGETHER

THEME 11 | COMING HOME

Coming Home

What is one thing you look forward to, and one thing that might feel different?

TALK TOGETHER

THEME 12 | COMING HOME

Growing Together

What did we learn about ourselves?

TALK TOGETHER

This tool supports reflection and self-care. It is not a substitute for professional care.