



Five Questions to Help You Reconnect

When do you feel most open to deeper conversation—especially when the topic is tender or tough?

What's one thing you wish I said more often—something that reminds you you're seen, valued, and loved?

What helps you feel heard?

Is there a time of day we can both commit to being fully present—phones down, distractions aside—so we can talk and truly connect?

Is there something I say—maybe without realizing—that makes you shut down or feel disrespected?

A Conversation Worth Having...

Today, I invite you to slow down and ask your spouse a few intentional questions—not to fix, but to understand. Then let them ask you the same.