

Conversation Starters for Couples

Meaningful Questions to Help You Reconnect



COACHING

GUIDING COUPLES WITH GRACE

Conversation Starters

Choose 5 questions and take turns answering them. Listen to understand, not to defend or fix. The goal is connection, not perfection.

- **What's been taking up the most space in your mind lately?**
- **What is something you wish I understood better about you right now?**
- **When have you felt most loved by me recently?**
- **When have you felt least connected to me?**
- **Is there anything you've been carrying that I may not know about?**
- **In what area do you need more of from me in this season?**
- **What is one thing I can do that helps you feel supported?**
- **What is one thing I do that unintentionally makes you feel distant or disconnected?**
- **What is something you miss about us?**
- **What is one dream, goal, or hope you have that we haven't talked about recently?**
- **What is one fear or concern you've been carrying lately?**
- **What is one thing we could do to strengthen our relationship this month?**
- **How can I pray for you specifically this week?**
- **What is one thing you'd like us to focus on together moving forward?**

Connection Challenge

- Schedule 30 minutes together.
- Put away phones and distractions.
- Ask 5 questions from this page.
- Listen without interrupting.
- End by sharing one thing you appreciate.

Need Additional Support?

Start with the Covenant Alignment Intensive — a personalized relationship assessment and 90-day roadmap to help couples identify patterns, improve communication, and take intentional next steps toward a healthier relationship.

<https://divinegracecoaching.com/covenant-alignment>

Every relationship experiences seasons of drift. Reconnection begins when two people intentionally choose to move toward one another again.

"Be completely humble and gentle; be patient, bearing with one another in love."

— Ephesians 4:2

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