Couples Conversation Prompts

Invitations to keep discovering each other

The person you love keeps changing, and so do you. Couples who stay close tend to keep learning each other long after the early days of endless questions. These prompts are doorways into your partner's inner world. Walk through them with curiosity and a light touch, and let each answer show you a little more of who your partner is today.

How to Use These Prompts

- Begin with a pause. If possible, step outside together or share a slow breath, and invite whatever you hold sacred to keep you company.
- Choose one or two prompts. A single good question can carry a whole evening.
- Take turns. One of you asks and listens, then you trade places.
- Listen to understand. Your partner's answer is a window into their world, so hold off on fixing or debating it.
- Follow the thread. "Tell me more" or "What was that like for you?" often matters more than the next question on the list.
- Either of you can pass. A prompt that feels like too much today may open easily another time.
- Start light and go deeper as you warm up. The sections move roughly from playful to tender.
- Close with thanks. Tell your partner one thing you appreciated hearing.

Light and Playful

- What's something small I do that you secretly love?
- When do I look most attractive to you?
- What's one memory of us that always makes you smile?
- What do you think we're surprisingly good at as a couple?
- What's something we've never done together that you'd love to try?
- When do you feel most relaxed around me?
- If we had to start a business together, what would it be?
- Who would play us in a movie?
- What song feels like "us"?
- If we could teleport anywhere for 24 hours, where are we going?
- What's your favorite way to waste time?
- What's a purchase you don't regret?

Getting to Know You

- What's something about you that most people misunderstand?
- What childhood comfort do you crave to this day?
- What makes you feel respected?

- What makes you feel appreciated?
- What's a recent moment when you felt proud of yourself?
- What's something you've changed your mind about in the last few years?
- What's a habit you picked up from your family that you haven't decided whether to keep?
- What do you spend way too much time thinking about?
- What's something that feels easy for you that isn't easy for most people?
- What's a rule you live by that most people would never guess?
- What do you wish people asked you about more?
- When do you feel most competent?
- What kind of praise actually lands for you?
- What kind of criticism makes you instantly defensive?
- What's something you care about that surprises people?
- What do you like about the way you work?
- What do you secretly judge people for?
- What do you think people misjudge you for?
- What do you need a lot of that you pretend you don't?
- Where are you stubborn?
- Who in your life right now should I know more about?
- What's weighing on you this week that I might not know about?

Who You Are Becoming

- When do you feel most like yourself?
- What's something you're quietly proud of surviving?
- What are you getting better at lately?
- What are you getting more tired of?
- What's something you miss that you don't talk about?
- What feels different about you compared to five years ago?
- What's something you've softened about?
- What's something you've hardened about?
- What's a trait you've grown into?
- What's something you don't want to become?
- What kind of old person do you think you'll be?
- What do you avoid because you know you'd care too much?
- At what age did you feel most powerful?
- What age was confusing?
- What are you done proving?
- What are you trying to prove these days?
- What do you hope stays the same about you?
- What kind of year are you in personally?
- What feels unfinished in your life?
- What are you building right now, even if no one can see it yet?
- What's something you're reconsidering?

- What would your wisest future self want you to know about this chapter?
- What would feel like momentum for you?

Seeing Each Other

- When did you first realize I was different from other people you'd dated?
- What's something about me that took you a while to understand?
- What do I overthink?
- What do I underthink?
- What's something you've learned from being with me?
- What have you seen in me lately that you haven't mentioned?
- What do you think I worry about that I don't say?
- What do I seem excited about these days?
- When do I seem most relaxed?
- What do you think motivates me more than I admit?
- What do you think I'm good at that I underestimate?
- What do I make look easy?
- What's something I've improved at?
- What do I do when I'm uncomfortable?
- What patterns have you picked up in my moods?
- What's something about me that's very consistent?
- What feels different about us now compared to when we met?

Everyday Life Together

- What actually makes a day feel good for you?
- What does "being supported" look like in real life?
- What kind of support feels best when you're stressed?
- What's one thing that would make this month smoother?
- What kind of check-in works for you: quick or deep, planned or spontaneous?
- What's a rhythm that would feel better than what we're doing now?
- What has been draining you lately?
- What kind of tired are you lately?
- What's a small thing that irritates you more than it should?
- What helps you feel calm right away?
- What kind of mornings work best for you?
- What makes a house feel good to you?
- What feels like "too much" lately?
- What makes you feel competent at home?
- What makes you feel useless?
- What's one task I could take off your plate this week?

Closeness and Desire

- When do you feel most desired?
- What kind of touch feels grounding to you?

- What makes you feel emotionally close?
- What's something I do that makes you melt a little?
- What's a fantasy, sexual or not, that you've never said out loud?
- When do you feel closest to me without words?
- What's a memory of us that feels deeply peaceful?
- What's something about me you don't say enough?
- What kind of aging do you hope we do together?
- What do you want more of in our everyday life?
- When do you pull away?
- When do you lean in?
- What kind of reassurance works for you?
- What kind doesn't?
- What's a small way you reach for me that I might miss?

The Tender Edges

These go a little deeper. Choose a time when you both have room, and go gently with each other.

- Where do we clash in personality?
- What do we do when we're both stressed?
- What do you do when you're overwhelmed that I might miss?
- What's something you wish I understood faster?
- What's something you appreciate that you suspect I think you overlook?
- What do we do that works?
- What do we repeat?
- What do we avoid?
- What do we make harder than it needs to be?
- What would make us lighter?
- After we argue, what helps you find your way back to me?
- What does it look like when I'm trying to reconnect, even if I do it clumsily?

Dreaming Forward

- What kind of life are we building right now?
- What would a "great year" for us look like?
- What do you hope we're laughing about in 10 years?
- What's something you want us to protect no matter what?
- What feels important to get right in this chapter?
- What's a dream of yours I could help you move toward?
- What tradition would you love for us to start?

The Wider Web

Questions about the larger web of life that holds you both. Many of these are lovely to ask outdoors: on a porch at dusk, beside a creek, on a long drive with the windows down, or lying on a blanket under the stars.

- Where in nature do you feel most like yourself?
- What place on earth feels sacred to you, and why?
- Which ancestor, known to you or imagined, do you feel walking with you?
- When have you felt guided by something larger than yourself?
- What creature has crossed your path at an important moment in your life?
- What kind of weather feels most like your soul?
- If the land where we live could speak to us, what do you think it would say?
- What do you turn to when you need to feel held?
- What do you hope our love gives back to the world beyond the two of us?
- What ritual would you love us to share, at the turning of a season or the close of a day?

Appreciation Rounds

- One thing I appreciate about you this week is…
- Something I see you doing that matters is…
- A quality of yours I admire is…
- One way you make my life easier is…
- A moment this week when I felt lucky to be with you was…

Sentence Starters

Finish one out loud, and let your partner simply receive it.

- Lately I've been thinking about…
- One thing that surprised me this month was…
- I didn't expect this phase of life to feel…
- Something I haven't said out loud is…
- Right now I need more…
- Right now I need less…
- Enough of…
- Not enough of…
- Overrated…
- Underrated…
- Comfort is…
- Success is…

Where These Come From

These prompts draw on relationship research. Psychologists John and Julie Gottman found that couples who keep a detailed, current picture of each other's inner worlds,

which they call "love maps," are better prepared to weather stress and change. Psychologist Arthur Aron’s research on closeness showed that people grow nearer through gradual, mutual sharing, with questions that deepen a little at a time. The Wider Web prompts grow from Neoshamanic IFS (NIFS), my own approach, which honors our kinship with the living world and the unseen. The prompts themselves were gathered and written for the couples I work with.