

COUPLES

Conversation Starters



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for Couples
Conversation
Starters

You know the drill by now! Use these questions to slow down, laugh a little, and remind each other that you're on the same team.

What's the silliest fight we've ever had that we can laugh about now? (*Bonus points if it involved food, directions, or a thermostat.*)

What do you think are our top two "recurring conflict" areas (*from the personal work*)? Why do you believe those two things might keep showing up for us?

How did your family handle conflict when you were growing up? What's one thing from that dynamic you *don't* want to repeat—and one thing you *do* want to emulate when it comes to conflict resolution?

When conflict arises in our relationship, what's one thing I can do to make you feel safe, respected, and reminded that we're on the same team?