

CONNECTION / PRINTABLE CARDS

Couples Conversation Starter Cards

Forty original conversation cards, from easy everyday questions to stories about care, change, and the future.

5 pages | [Pick three cards](#)

A good way to use this

1. Print and cut along the card borders, or read from a phone.
2. Pick three cards from one set. Both people answer, with permission to pass.
3. Try one follow-up: "What makes that stand out to you?"

Inside your resource

02 Small things, good stories

03 The stories behind us

04 Feeling known and cared for

05 What we want to make room for

Print at Actual Size on US Letter, or Fit on A4. These are printable pages, not fillable forms. Write on paper or use your PDF reader's annotation tools. On a phone, the resource webpage offers a readable text version.

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01 / Couples Conversation Starter Cards

Small things, good stories

An easy starting set for a walk, a meal or the first few minutes after work.

01

What ordinary part of your day would you like me to see?

02

Which food reminds you of being looked after?

03

What small purchase has made your life unexpectedly easier?

04

What is something you used to dislike but enjoy now?

05

Which place near home deserves a second visit with us?

06

What would your ideal unhurried morning include?

07

What skill would be fun to be beginners at together?

08

Which recent moment made you laugh when you were alone?

09

What is one thing you are glad we do differently from other couples?

10

If we had a free hour tomorrow, how would you use it?

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02 / Couples Conversation Starter Cards

The stories behind us

Stay curious about the person your partner was before you met.

01

Who taught you a useful lesson without giving advice?

02

What did you imagine adult life would be like when you were ten?

03

Which family routine would you keep, change or leave behind?

04

What was a small risk you are glad you took?

05

When did you first feel capable of handling something difficult?

06

Which version of yourself do you wish I could have met?

07

What mattered a lot to you five years ago that matters less now?

08

What is a memory you remember through a sound or smell?

09

What did people often misunderstand about you growing up?

10

What story about us would you tell a new friend?

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03 / Couples Conversation Starter Cards

Feeling known and cared for

Ask before moving into this set. Choose a lighter card if today is not the day.

01

What kind of help feels best when your mind is overloaded?

02

What do I do that helps you feel included?

03

What is a quiet effort of yours I might not notice?

04

When do you feel most comfortable asking me for help?

05

What kind of encouragement would you like more of?

06

What would make our time together feel less interrupted?

07

What is something you want me to ask about more often?

08

How can I tell when you want company rather than a solution?

09

What have you changed your mind about recently?

10

What part of your life do you want more room to talk about?

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04 / Couples Conversation Starter Cards

What we want to make room for

You can imagine without committing to a decision tonight.

01

What would we do more of if our weekends felt less rushed?

02

What tradition would you like us to invent?

03

What is a shared goal we could make smaller and start sooner?

04

What does enough rest look like for each of us?

05

Where would you like our everyday life to feel simpler?

06

What do you hope we are still curious about in ten years?

07

What is a place we could explore without a big trip?

08

What is one way we could celebrate progress more often?

09

What is a kind habit we could build around coming home?

10

What should we put on the calendar before this week ends?

Keep a little time for each other.

If you enjoy a good question together, try tomorrow's shared daily question in the Connected Couples App.