



A COUPLES GUIDE

Deeper Together

Conversation prompts to help couples build emotional intimacy, one honest exchange at a time.

Emotional intimacy is not built in grand gestures — it is built in small moments of honest conversation, genuine curiosity, and the willingness to be truly known by another person. Many couples find that over time, their conversations drift toward logistics: schedules, finances, household tasks. While these conversations matter, they rarely build the kind of deep connection that makes a relationship feel alive and meaningful.

This guide offers prompts designed to help you and your partner go beneath the surface — to explore your inner worlds, share what matters most, and understand each other more fully. There are no right or wrong answers. The goal is not to solve anything or reach agreement. The goal is simply to *listen and be heard*.

"The quality of your relationship is determined by the quality of your conversations."

How to Use This Guide

Choose a prompt that feels interesting or slightly uncomfortable — those are often the most valuable. Take turns answering without interruption. After your partner shares, reflect back what you heard before responding. You do not need to complete the whole guide at once; even one or two prompts per week can meaningfully deepen your connection over time.

Set the scene Put phones away. Choose a relaxed, private moment — not during conflict or when either of you is rushed or stressed.	Take turns fully One person shares while the other listens without interrupting, advising, or defending. Then switch.
Reflect before responding After your partner shares, say back what you heard: "It sounds like you're saying..." before adding your own response.	Stay curious Ask follow-up questions. "Tell me more about that" is one of the most powerful phrases in a relationship.
Honor what's shared What your partner shares in vulnerability is a gift. Treat it with care — not as ammunition in future disagreements.	Go at your own pace Some prompts may bring up emotion. That's okay. You can pause, come back, or simply sit together in what arises.

SECTION 1

Knowing Each Other

Prompts to explore who you each are — your inner world, your history, and what makes you, you.

Even in long-term relationships, there is always more to discover about your partner. These prompts invite you to share parts of yourself that rarely come up in daily life — your memories, your values, your quiet hopes. Approach them with genuine curiosity, as if you are meeting each other for the first time.

1 *What is something you believed about yourself as a child that you no longer believe — and what changed?*

2 *What is a memory from your childhood that shaped how you think about love or family?*



- 3 *What part of yourself do you feel most people misunderstand or overlook?*
- 4 *What has been the most formative experience of your adult life so far?*
- 5 *What is something you have always wanted to do but have never told anyone?*
- 6 *What does "home" mean to you — and does our relationship feel like home?*
- 7 *What is something you are quietly proud of that you rarely talk about?*
- 8 *What fear do you carry that most people in your life don't know about?*
- 9 *What does a truly fulfilling day look like for you — from morning to night?*
- 10 *What is something you've changed your mind about in the last few years?*

SECTION 2

Love & Being Loved

Prompts to explore how you give and receive love — and what makes you feel truly seen.

Love means different things to different people. What makes one person feel deeply cared for may not register the same way for another. These prompts help you and your partner understand each other's emotional language — how you experience love, what you need, and what sometimes gets lost in translation.

- 1 *When do you feel most loved by me? What am I doing in those moments?*
- 2 *What is something I do that makes you feel truly seen and understood?*
- 3 *What is something you wish I understood better about how you need to be loved?*
- 4 *How did the people who raised you express love — and how has that shaped you?*
- 5 *What does it feel like in your body when you feel truly safe with someone?*
- 6 *Is there something you need in our relationship that you've had trouble asking for directly?*
- 7 *What does emotional safety mean to you — and do you feel it with me?*
- 8 *When you are struggling, what kind of support do you most want from me?*
- 9 *What is a moment in our relationship when you felt especially close to me?*



10 *What would it mean to you to feel completely accepted by me — even the parts you hide?*

SECTION 3

Dreams & the Future

Prompts to explore where you are going — individually and together.

Couples who feel deeply connected often share a sense of a life being built together — a vision, however loose, of where they are headed. These prompts invite you to explore your individual dreams and how they intersect with your shared life. Talking about the future is not about making plans — it is about understanding what each of you is hoping for.

- 1** *What does your ideal life look like five years from now — and how does our relationship fit into it?*
- 2** *Is there a dream you have quietly let go of? What happened to it?*
- 3** *What is something you want to experience or accomplish before you die?*
- 4** *What kind of couple do you want us to be in 20 years?*
- 5** *What do you hope our relationship teaches us both about ourselves?*
- 6** *What is something you want to create, build, or contribute in your lifetime?*
- 7** *What does financial security mean to you — and do we share the same vision for it?*
- 8** *What does a meaningful life look like to you — and are we living it?*
- 9** *What is one thing you want to change about how we spend our time together?*
- 10** *If you could design our life together from scratch, what would you keep — and what would you change?*

SECTION 4

Hard Conversations

Prompts for the topics that matter most — and are hardest to bring up.

True intimacy requires the courage to have conversations that feel risky — about needs that aren't being met, fears about the relationship, or things that have been left unsaid. These prompts are not meant to start arguments. They are invitations to share honestly from a place of care, and to listen without defensiveness. If a prompt brings up conflict, that is not a failure — it is an opportunity.

"Vulnerability is not weakness. It is the most accurate measure of courage." — Brené Brown



- 1 *Is there something you've been wanting to say to me but haven't found the right moment?*
- 2 *What is something I do that unintentionally hurts you — that you've never fully told me?*
- 3 *Is there a part of our relationship you feel we've been avoiding talking about?*
- 4 *What do you need from me that you haven't been getting?*
- 5 *When do you feel most disconnected from me — and what do you do with that feeling?*
- 6 *What is a resentment or disappointment you've been carrying that we haven't fully resolved?*
- 7 *What does conflict feel like for you — and what do you wish I understood about how you handle it?*
- 8 *Is there something about yourself you're afraid I won't accept if I fully knew it?*
- 9 *What would you want me to do differently when you're upset or overwhelmed?*
- 10 *What is one thing you've been afraid to ask me — and are you willing to ask it now?*

SECTION 5

Gratitude & Appreciation

Prompts to name what you love, value, and are grateful for in each other.

Research on couples consistently shows that expressing genuine appreciation is one of the most powerful ways to strengthen a relationship. These prompts are an invitation to slow down and say out loud the things you often feel but rarely speak — the small things, the big things, and the things your partner may not even know you notice.

- 1 *What is something small I do regularly that you appreciate but have never told me?*
- 2 *What is a quality in me that you admire — one you wish you had more of yourself?*
- 3 *What is a moment in our relationship that you return to when you need to feel hopeful?*
- 4 *What has our relationship taught you about yourself that you are grateful for?*
- 5 *What is something I did during a hard time in your life that you will never forget?*
- 6 *What do you love most about how we are together — the version of yourself you are with me?*
- 7 *What is something about our relationship that you don't think you could find anywhere else?*



Making This a Practice

The couples who feel most connected are not the ones who never struggle — they are the ones who keep choosing to turn toward each other.

Emotional intimacy is not a destination — it is a practice. The prompts in this guide are most powerful when they become part of a regular rhythm in your relationship. Even ten minutes of genuine conversation, once a week, can transform the emotional landscape of a partnership over time.

Weekly Check-In Set aside 20–30 minutes each week — maybe Sunday evening or Friday night — to sit together without distractions and share one prompt from this guide.	Date Night Ritual Bring one prompt to your next date night. Use it as a conversation starter before the meal arrives or on the drive home.
Morning or Bedtime Sharing Choose one prompt at the start or end of the day. Even a five-minute exchange before sleep can create meaningful connection.	After Conflict When you've worked through a disagreement, use a gratitude or appreciation prompt to return to warmth and remind each other why you choose this relationship.
Relationship Anniversaries On birthdays, anniversaries, or meaningful dates, revisit prompts from the "Dreams & the Future" or "Gratitude" sections to mark how you've grown.	In Therapy If you work with a couples therapist, bring this guide to sessions. A therapist can help you navigate prompts that bring up deeper patterns or unresolved material.

A Note on Difficult Conversations

Some prompts may surface emotions, memories, or needs that feel bigger than a single conversation. That is not a sign that something is wrong — it is a sign that something important is asking for attention. If you find that certain topics consistently lead to disconnection or conflict, working with a couples therapist can provide the structure and safety to go deeper together.

Bonus: Playful & Creative Prompts

Not every meaningful conversation has to be heavy. These prompts are designed to be fun, imaginative, and a little surprising — a reminder that joy and playfulness are also forms of intimacy.

- 1 *If we could live anywhere in the world for one year, where would you want to go — and why?*
- 2 *What is something silly or embarrassing about yourself that you actually love?*
- 3 *If you could spend an entire day doing anything with me — no budget, no limits — what would it be?*
- 4 *What is a song that makes you think of us — and what does it remind you of?*



- 5 *If you wrote a book about your life, what would the title be?*
- 6 *What is something you want to try together that we've never done?*
- 7 *What is your favorite memory of us laughing together?*
- 8 *If you could give our relationship a theme song, what would it be?*
- 9 *What is the most adventurous thing you've ever done — and do you want to do something like that with me?*
- 10 *What is a small, everyday moment with me that secretly makes you really happy?*
- 11 *If we could have dinner with any two people, living or historical, who would you choose and why?*
- 12 *What is something you've always wanted to learn, and would you want to learn it together?*
- 13 *What is a childhood memory you've never fully shared with me?*
- 14 *If you could relive one day of our relationship, which would it be and why?*
- 15 *What is something that made you laugh so hard you cried — and do you think we could recreate it?*
- 16 *What is one thing you want us to do together before the end of this year?*

A note from Dr. Natalie Ellis

The couples I work with who grow the most are not the ones who never argue or never struggle — they are the ones who keep turning toward each other, even when it is hard. These prompts are an invitation to do exactly that: to choose curiosity over assumption, and connection over distance. I hope this guide becomes something you return to again and again, in all the seasons of your relationship.

Ready to go deeper together? Sage & Sol Therapy offers couples therapy via telehealth for adults in Alaska, Florida, Pennsylvania, and Texas. Schedule a free consultation with Dr. Natalie Ellis, LCSW-QS sagesoltherapy.com | natalie@sagesoltherapy.com Book online: sagesoltherapy.clientsecure.me/request/service