

Start Fighting for "WE"

Couples Conversation Guide

It's easy to lose touch with your partner over time. When that happens, you can start feeling like you're on separate teams. Here are some conversation starters to help you fight against the drift and move closer - to fight for "we" instead of "me".

Questions to Ask:

1

In what ways have you seen me change since our wedding day or the day we started out together?

2

When you think over the highlight reel of our relationship, which moments were the best ones for you? Try to come up with at least three. Maybe sketch or act them out.

3

If you could start a non-profit with an unlimited budget, what would it be? Why? What would your ideal role be?

4

When I make an apology to you, what words or actions help to convince you that I'm sincere?

5

What is similar and what is different between my conflict-resolution style and yours? How about our personality differences? How could we change our communication process based on what we know to make resolving our differences more effective AND more peaceful?

6

What single step toward your own personal growth seems most risky to take action on— you would have to overcome your fears and doubts, and go "all in"—but offers the potential of life-altering reward?

Start Fighting for "WE"

Try these, too:

7

Describe someone you know who serves or served their spouse well even though the circumstances were challenging. Ask each other, "Is there one thing I could change to serve you better?"

8

Which statement resonates more about how I respond to you when you're venting?

(A) "I'm pretty good at accepting my partner's feelings for what they are. I state what I think my partner is feeling so they can tell me if I misunderstand."

(B) "I have a tendency to skip over or ignore my partner's emotions and head straight into searching for solutions to the problem they're venting about."

If the answer is "B," think aloud about what you would do to try "A" (in other words, to become better at noticing and accepting your spouse's emotions). The goal? To build your bond and feel closer to each other.

9

Let's challenge each other to a one-week criticism-free zone. We can still disagree, respectfully with a kind tone without making it personal. During the challenge, why not focus on each other's strengths and positive qualities?

10

Make a list of ten activities that seem new or exciting to you and are realistic given your availability and family circumstances. See if you can agree on four activities to try out together—maybe one each week for the next four weeks, or whatever schedule works for you both. Arrange for babysitting swapping with family or friends.

For more resources to help you love being home,
visit toninieuwhof.com