



Questions to Bring You Closer

Connection prompts for couples

Closeness is not built in grand gestures. It grows in small moments of turning toward each other. These questions help you do that on purpose. They are not for solving problems or settling old arguments. They are simply for knowing each other again, the way you did when everything about your partner was still new.

Set the scene

Think of this as a small standing date. It works best when it is protected: same couch, same cup of tea, whatever makes it feel like yours.

- 1.** Pick 15 minutes you can protect. Once a week is plenty to start.
- 2.** Put phones in another room. Not face down. Away.
- 3.** One of you chooses a question and asks it. Let your partner answer all the way through, without jumping in.
- 4.** Then trade places. You can use the same question or pick a new one.
- 5.** One or two questions per sitting is enough. Slow is the point.

The questions

Pick whichever one draws you. There is no order and no finish line.

1. What do you remember about the first time we met? What did you notice about me?
2. What's something I've done lately that you admired?
3. When do you feel closest to me?
4. What's a memory of us that still makes you smile?
5. What's something you miss that we used to do together?
6. What's one thing you hope for us in the next year?
7. What's a small thing I do that helps you, even if I've never known it?
8. How do you like to be comforted after a hard day?
9. What do I do that makes you feel loved?
10. What's something about me you're still curious about?
11. What's something new you'd like us to try together?
12. When did you last feel proud of us?

Listening without fixing

When it's your turn to listen, your only job is to take in what your partner says. You don't have to solve anything, defend anything, or add your own version. Good replies are simple: "Tell me more." "I didn't know that." "Thank you for telling me." Being heard, without being corrected, is the gift.

Keep it gentle

You have full permission to skip any question that doesn't fit tonight. It's normal for this to feel a little awkward at first; new habits usually do. If a question brushes against an old hurt, set it down kindly and choose another. Hurts deserve care too, and a therapy session is a better place for them than these fifteen minutes. This time is just for warmth.

Small moments, repeated, are how closeness grows back. You don't need to do this perfectly. You just need to keep showing up for it, fifteen minutes at a time.

One more thing, because you matter. These questions are meant for relationships where the hard part is ordinary distance or friction. If you feel afraid of your partner, or if there is abuse or control in your relationship, your safety comes first and this sheet is not the right tool. Please bring that to your therapist first. The National Domestic Violence Hotline is there for you 24/7 at 1-800-799-7233 or thehotline.org. This sheet is a companion to therapy, not a replacement for it. If you're in crisis, call or text 988 (Suicide & Crisis Lifeline), any time, day or night.