

CONVERSATION CARDS

Just Met

52 questions for getting to know someone new

Unison
MENTAL HEALTH

Photo: Simi Iluyomade / Unsplash

How to play

1. Find somewhere you won't be interrupted, and put other phones away.
2. Take turns. Scroll to any card and ask the other person. Half the cards are about them, and half ask what they see in you.
3. Answer as much or as little as you like. You can pass on any card, no explanation needed.
4. When you're listening, just listen. You get one follow-up: "Tell me more?"
5. Stop whenever you like. Before you finish, tell each other one thing you liked hearing.

Who it's for: Two people, or a small group taking turns.

What would you do with a completely free Tuesday?

What's a rule you grew up with that you've kept? One you've dropped?

What do you imagine I was like at fifteen?

What's a small kindness from a stranger you still think about?

What's a compliment you still remember?

What are you proud of that wouldn't fit on a CV?

Did anything I said change your first impression of me? What was it?

What's your first impression of me so far? Be kind, and be truthful.

What kind of conversations do you wish you had more often?

What are you hoping I'm like once you know me better?

What's a question you've wanted to ask me but held back on?

What did you want to be when you were ten, and how close did you get?

What smell takes you straight back somewhere?

What are you curious about with me that feels a bit too personal to ask yet?

What was the last thing that made you laugh properly?

What did you notice about me before we started talking?

What are you weirdly good at?

What's something about you that takes people a while to find out?

What's a place you'd want to show me in your part of the world?

What's something you're looking forward to this month?

If you could spend a year learning anything, with no pressure to earn from it, what would you pick?

What's something I've done that helped you feel at ease?

What are you like when you're tired, hungry or stressed?

After the people and pets, what would you grab in a fire?

Where can you picture us getting along really well?

What's one word for the energy I've brought today?

If we cooked dinner together, what would you make for me?

When have I seemed most like myself while we've been talking?

What's one thing about me you'd like to understand better?

Which of my answers so far would you like to hear more about?

What do you think I'm proudest of?

What's a risk you took that paid off?

What's something I've said today that you'll probably remember?

What are you hoping comes from getting to know each other?

When do you feel most like yourself?

Which of my answers sounded most like something you'd say?

If you introduced me to one of your friends, how would you describe me?

From what you've seen so far, what do I seem to care about?

What's a tradition you'd like to start, or one you'd never give up?

Which of your friends do I remind you of, and why?

What do you guess I do for work? Then I'll tell you.

What's an opinion you hold that most people around you don't?

If you could ask my oldest friend one question about me, what would it be?

What would your closest friend say is your most lovable flaw?

What's something you've changed your mind about in the last few years?

Who would you call first with good news? Why them?

Based on what you know so far, what would you put in a care package for me?

What's a hill you'd die on that nobody else cares about?

What's a question people ask you that you're tired of answering?

What's a small thing that reliably makes your day better?

Where have we surprised each other by having something in common?

What music do you guess I play when nobody else is around?

Want to keep going?

If a question opened up more than you can talk through on your own, that's useful to know. It's the kind of thing a therapist can help with.

Free relationship workbooks, books we recommend and more conversation cards at **unisonmentalhealth.com/resources**

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