

CONVERSATION CARDS

Platonic

52 questions for friends, family and chosen family

Unison
MENTAL HEALTH

Photo: Vitaly Gariev / 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 who already know each other. Friends, siblings, housemates, chosen family.

What's your favourite story to tell about me?

What do you need from friends that's hard to ask for?

When did you last feel lonely, and what helped?

What do you hope I always know about how you feel about me?

What do you think holds our friendship together?

What part of my life would you like to be more involved in?

What part of your life would you like more company in?

What's a conversation of ours you still think about?

How can you tell when I'm not okay?

What would make it easier for us to see each other more?

What would you want me to hear on a day I can't see my own worth?

When have I been a good friend to you? What did I do?

What are you sure of about me, even on days I'm not?

How do you like to be checked on when things are hard?

If you had to describe me to someone who'd never met me, what would you say?

What's something about me that's changed since we met?

Was there a time you needed me and I wasn't there?

If you were sick or struggling, what would you want me to do?

What's a song, film or book that reminds you of me?

What's a story about us you tell other people?

What do you think you bring to my life?

Which of our traditions would you keep forever?

What do you admire about how I handle things?

What's a risk you'd love to see me take?

Who were you before we met?

What did you think of me at first, and how has that changed?

If you wrote me a letter to open in ten years, what would the first line say?

What do I do that annoys you a little? Say it with love.

Which version of me have you liked best over the years?

What about my life are you curious about but haven't asked?

Is there a disagreement between us we've skipped over?

What's something you do now because of me?

When has being my friend been hard, and what kept you around?

What would you like to thank me for?

What's the most "us" thing we do?

What's something you'd like to tell me more often but don't?

When we're old, what do you hope we're still doing together?

What do I bring out in you?

What's something new you'd like us to try together?

What's something you've never told me because it felt too small?

What do you think I don't give myself enough credit for?

When have you seen me at my most "me"?

Which era of our friendship has been your favourite so far?

What would you like me to remember about you on a bad day?

What are you going through at the moment that I might not know about?

What do you think I'll still be stubborn about at 80?

What's a piece of advice I gave you that you actually used?

What should we make sure we do before the end of the year?

When have you felt really seen by me?

What do you remember about the day we met?

What's the best way to cheer you up? The worst?

Which of my habits would you happily pick up?

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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