

CONVERSATION CARDS

Romantic

52 questions for partners, in any kind of relationship

Unison
MENTAL HEALTH

Photo: Ali Sarvari / 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 partners. If there are more of you, play in pairs.

What's a dream of mine you'd like to help me reach?

What's an ordinary, unremarkable moment with me that you love?

What's something about the road ahead you'd like us to talk about before we get there?

What's one thing you wish I'd ask you about more often?

Tell me about a time I let you down. What would have helped?

What's a moment with me you'd happily live again?

What's something about me you've come to appreciate that you didn't notice at first?

What part of you has grown since we got together?

What's something about me that took you a while to understand?

Outside the bedroom, what makes you feel wanted?

Is there an agreement between us you'd like to revisit?

How do you let me know you need time alone, and do I usually pick it up?

What's a worry about us you carry quietly?

Which fight do we keep having that's really about something else?

When have you watched me be brave?

What did your family teach you about love, for better or worse?

If you could give me one thing right now that money can't buy, what would it be?

When did you last feel really close to me? What was I doing?

What helps you come back to me after a fight?

What's the first thing you remember noticing about me?

What's a way I show up for other people that you love seeing?

When we argue, what are you most afraid of?

How do you like to be apologised to?

Is there something you've wanted to tell me but haven't found the right moment for?

What do you love about who we are together right now?

What's something you've discovered about me in the last year?

What makes you feel secure with me?

When you're upset, do you want to be held, left alone, or something in between?

What part of me would you like to know better?

What's something about sex or affection you'd like us to find easier to talk about?

How can you tell I'm stressed before I say anything?

What would you like more of from me this month? Be specific.

What's something small I do that makes you feel looked after?

What have I helped you through that I might not know mattered?

What do I do that makes you laugh even when you're trying to stay annoyed?

What's a fear of mine you'd like to help me carry?

When did you first realise you were properly into me?

What's an apology from me that really landed? What made it work?

When we argue, what do you think I'm most afraid of?

What do you want to thank me for?

When I go quiet, what do you wish you knew about what's going on for me?

What's a strength of mine you wish I used more often?

What's a compliment from me that stuck?

How do you feel when I'm excited about someone or something that isn't you?

What do you need from me after a bad day?

What part of yourself do you feel you can only show me?

Is there a small habit of mine that wears you down more than I'd guess?

What's something I say all the time that you'd miss if I stopped?

What have you learned about loving me that nobody could have told you?

What's a way you'd like me to show love that I don't do yet?

What do you love about the way I love you?

When have you been most proud of me?

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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