

Designed to deepen emotional
and sexual connection through
thoughtful inquiry

**52 INTIMATE
CONVERSATION
CARDS FOR COUPLES**

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EMOTIONAL INTIMACY

**1. WHAT CHILDHOOD
EXPERIENCE MOST SHAPED YOUR
APPROACH TO
LOVE—AND HOW DOES IT
AFFECT US NOW?**

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EMOTIONAL INTIMACY

**2. WHEN DID YOU
LAST FEEL TRULY
VULNERABLE WITH ME—AND
WHAT ALLOWED THAT
MOMENT TO HAPPEN?**

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EMOTIONAL INTIMACY

**3. WHAT UNSPOKEN
NEED DO YOU WISH I'D
NOTICE—WITHOUT
YOU HAVING TO
ARTICULATE IT?**

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SEXUAL CONNECTION

**4. WHAT SEXUAL FANTASY
HAVE YOU NEVER
SHARED—AND
WHAT'S STOPPED
YOU FROM MENTIONING IT?**

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SEXUAL CONNECTION

**5. HOW COULD OUR
PHYSICAL INTIMACY
BETTER BALANCE
SPONTANEITY
WITH EMOTIONAL SAFETY?**

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SEXUAL CONNECTION

**6. IS THERE A MOMENT
WHEN YOU FELT
DISCONNECTED DURING
SEX—AND HOW
MIGHT WE REPAIR THAT?**

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CONFLICT AND GROWTH

**7. WHAT
ARGUMENT DO WE
REVISIT TOO OFTEN—AND
WHAT DEEPER FEAR
MIGHT IT REPRESENT?**

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CONFLICT AND GROWTH

**8. WHEN HAVE I
UNINTENTIONALLY
TRIGGERED YOUR
INSECURITY—AND
HOW COULD I
RESPOND DIFFERENTLY?**

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CONFLICT AND GROWTH

**9. WHAT OLD
RELATIONSHIP
HABIT DO YOU STILL
FIGHT TO UNLEARN—AND
HOW CAN I
SUPPORT THAT?**

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VALUES AND FUTURES

**10. WHAT LIFE GOAL
HAVE YOU
POSTPONED FOR THIS
RELATIONSHIP—AND
DOES IT STILL FEEL
WORTH IT?**

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VALUES AND FUTURES

**11. HOW DO YOU WANT OUR
DYNAMIC TO SHIFT
IN THE NEXT
DECADE—EMOTIONALLY,
SEXUALLY, OR
LOGISTICALLY?**

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VALUES AND FUTURES

**12. WHAT FAMILY
TRADITION
DO YOU REFUSE TO CARRY
FORWARD—AND
WHY DOES IT
MATTER TO US?**

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DESIRE AND
BOUNDARIES

**13. WHAT
TOUCH OR PHRASE
INSTANTLY
MAKES YOU FEEL
DESIRED—AND
HAVE I USED IT RECENTLY?**

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DESIRE AND
BOUNDARIES

**14. WHERE'S
THE LINE BETWEEN
PRIVACY AND
SECRECY FOR YOU—AND
DO WE BALANCE
IT WELL?**

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DESIRE AND BOUNDARIES

**5. WHEN DO YOU
MOST NEED
SOLITUDE—AND
HOW CAN I RESPECT THAT
WITHOUT FEELING
REJECTED?**

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TRUST AND REPAIR

**16. WHAT SMALL
BETRAYAL
STILL LINGERS IN YOUR
MIND—AND WHAT
WOULD TRUE
RESOLUTION LOOK LIKE?**

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TRUST AND REPAIR

**17. HOW HAS YOUR
DEFINITION
OF FIDELITY
EVOLVED—AND
DOES IT ALIGN
WITH MINE?**

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TRUST AND REPAIR

**18. WHAT
APOLOGY
OF MINE FELT
INCOMPLETE—AND
WHAT REMAINS
TO BE SAID?**

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COMMUNICATION STYLES

**19. WHAT
TOPIC DO YOU
AVOID
DISCUSSING—AND
WHAT'S THE COST
OF THAT SILENCE?**

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COMMUNICATION STYLES

**20. WHEN
DO MY ATTEMPTS
TO "FIX" PROBLEMS
SHUT DOWN
YOUR EMOTIONAL
SHARING?**

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COMMUNICATION STYLES

**21. HOW COULD
WE MAKE DIFFICULT
CONVERSATIONS
FEEL LESS LIKE
BATTLES—AND
MORE LIKE
COLLABORATIONS?**

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VULNERABILITY
AND SHAME

**22. WHAT
INSECURITY DO YOU
COMPENSATE
FOR MOST—AND
HOW DOES IT
IMPACT OUR
RELATIONSHIP?**

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VULNERABILITY AND SHAME

**23. WHEN
DID YOU LAST FEEL
ASHAMED OF A
DESIRE—AND
HOW MIGHT WE
NORMALISE
IT TOGETHER?**

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VULNERABILITY AND SHAME

**24. WHAT PART OF
YOUR BODY
HOLDS THE MOST
TENSION—AND
WHAT STORY DOES
IT TELL?**

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RITUALS AND
DAILY LIFE

**25. WHAT
MUNDANE
TASK COULD
BECOME AN ACT OF
LOVE IF WE DID IT
TOGETHER?**

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RITUALS AND
DAILY LIFE

**26. HOW DO YOU
WANT TO BE
COMFORTED WHEN
STRESSED—THAT
I HAVEN'T YET
UNDERSTOOD?**

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RITUALS AND
DAILY LIFE

**27. WHAT
DAILY HABIT
OF MINE SUBTLY
ANNOYS YOU—AND
COULD WE
NEGOTIATE IT?**

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LEGACY
AND MEANING

**28. WHAT LESSON
ABOUT LOVE
DO YOU HOPE TO
LEAVE WITH
FUTURE
GENERATIONS?**

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LEGACY
AND MEANING

**29. HOW HAS YOUR
RELATIONSHIP
WITH PLEASURE
CHANGED
SINCE WE
MET—AND WHY?**

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LEGACY
AND MEANING

**30. WHAT
SOCIAL
EXPECTATION
ABOUT MARRIAGE
DO YOU QUIETLY
RESENT?**

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PLAYFULNESS AND ADVENTURE

**31. WHAT FORGOTTEN
HOBBY OR PASSION
SHOULD WE
REVIVE—TO
RECONNECT
WITH YOUNGER
SELVES?**

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PLAYFULNESS AND
ADVENTURE

**32. WHERE'S
THE EDGE OF
YOUR COMFORT
ZONE—AND
HOW COULD I
GENTLY INVITE YOU
BEYOND IT?**

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PLAYFULNESS AND
ADVENTURE

**33. WHAT
MEMORY
OF US DO YOU
REVISIT WHEN YOU
DOUBT OUR
CONNECTION?**

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POWER DYNAMICS

**34. WHEN DO YOU
FEEL MOST
'SEEN' BY
ME—AND WHEN
DO YOU FEEL
OVERLOOKED?**

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POWER DYNAMICS

**35. HOW DO WE
BALANCE
DECISION-MAKING
POWER—AND
WHERE DOES
RESENTMENT
QUIETLY BUILD?**

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POWER DYNAMICS

**36. WHAT
UNSPOKEN
HIERARCHY
EXISTS IN OUR
RELATIONSHIP—AND
DOES IT SERVE US?**

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FEAR AND LONGING

**37. WHAT
LOSS ARE YOU
STILL
GRIEVING—THAT
I MIGHT NOT FULLY
ACKNOWLEDGE?**

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FEAR AND LONGING

**38. WHAT
PART OF AGING
TOGETHER
EXCITES
YOU—AND
WHAT PART
TERRIFIES YOU?**

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FEAR AND LONGING

**39. WHAT
UNMET NEED
FROM PAST
RELATIONSHIPS
HAUNTS YOUR
EXPECTATIONS
OF US?**

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BODY AND HEALTH

**40. HOW
HAS YOUR
RELATIONSHIP
WITH YOUR BODY
CHANGED—AND
HOW CAN I
HONOUR THAT
JOURNEY?**

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BODY AND HEALTH

**41. WHAT
HEALTH
CONCERN
DO YOU AVOID
DISCUSSING—AND
HOW DOES THAT
SILENCE
AFFECT US?**

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BODY AND HEALTH

42. HOW COULD
**CHRONIC
STRESS OR
FATIGUE BE
ERODING OUR
CONNECTION—AND
WHAT'S
THE FIX?**

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FINANCES
AND EQUALITY

**43. WHAT
FINANCIAL
DECISION
HAVE WE
POSTPONED—THAT
COULD ALTER OUR
INTIMACY IF
ADDRESSED?**

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FINANCES
AND EQUALITY

**44. HOW
DOES MONEY
REPRESENT
SAFETY OR
FREEDOM TO
YOU—AND
DO OUR
PRIORITIES ALIGN?**

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FINANCES
AND EQUALITY

**45. WHAT
UNPAID
LABOUR
IN OUR
RELATIONSHIP
FEELS UNFAIRLY
DISTRIBUTED?**

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GRATITUDE AND
RECOGNITION

**46. WHAT
SMALL GESTURE
FROM ME HAS
DISPROPORTIONATELY
MOVED
YOU—AND
WHY?**

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GRATITUDE AND
RECOGNITION

**47. WHEN
DID YOU
LAST FEEL
PROUD OF
US—AND WHAT
SPARKED THAT
FEELING?**

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GRATITUDE AND RECOGNITION

**48. HOW DO YOU
WANT TO BE
CELEBRATED—THAT'S
DIFFERENT
FROM HOW I
CURRENTLY
DO IT?**

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ENDINGS AND
RESILIENCE

**49. WHAT
WOULD A 'GOOD
ENOUGH' BREAKUP
LOOK LIKE—IF
WE EVER
FACED THAT
REALITY?**

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ENDINGS AND RESILIENCE

**50. HOW HAVE WE
SURVIVED PAST
CRISES—AND
WHAT DID IT
TEACH YOU
ABOUT MY
PRIORITIES?**

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ENDINGS AND
RESILIENCE

**51. WHAT
LINE WOULD
YOU NEVER
CROSS—EVEN
TO SAVE THIS
RELATIONSHIP?**

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ENDINGS AND
RESILIENCE

**52. WHAT
SONG, BOOK,
OR FILM BEST
CAPTURES OUR LOVE
STORY—AND
WHAT DOES THAT
REVEAL?**

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Shuffle. Draw. Listen.
Reflect. Repeat.

**DESIGNED
FOR COUPLES
COMMITTED
TO EVOLVING
TOGETHER**

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