Still Us: A Connection Guide for Couples

Reflective questions to help (busy) couples Reconnect, Feel Seen, and Grow Closer

What are three things you appreciate about me right now — not from the past, but who I am today?

What's something I may have overlooked lately that's important to you?

What's one thing you're carrying right now that feels heavy — and how can I support you through it?

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What part of your world (work, friendships, passions) do you wish I showed more interest in?

Is there something you've been quietly proud of lately that I might have missed celebrating?

Can you think of a time recently when you felt like we were a really good team? What made it feel that way?

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When do you feel most emotionally close to me — is it during conversation, touch, shared tasks, or something else?

What's something you're passionate about or miss doing that we could make a little space for again? If you had an uninterrupted day just for yourself, what would you spend it doing?

What inspires you lately — a book, a podcast, a person, a thought?