

Deeper Connection and Communication

1. When do you feel most like yourself around your partner?
2. What do you wish they understood better about you?
3. What do you hesitate to say out loud, and why?
4. How do you naturally show someone you care?
5. What makes you feel genuinely appreciated?
6. Are you giving affection the way you'd want to receive it?

Distance and Understanding

7. When did the distance actually begin?
8. What do you miss most about how things used to feel?
9. What would help you feel closer this week, specifically?
10. What specifically happened?
11. What did you feel in that moment?
12. What do you need your partner to do differently, in plain terms?
13. What do I want them to understand?
14. What did I learn, and what's still unresolved?

