WARRIOR COUPLE™ CONVERSATION STARTERS

Questions worth staying up for.

A PRINTABLE GUIDE FOR CHOOSING US, AGAIN AND AGAIN.

Warrior Couple™
Conversation Starters

A guided collection of questions designed to help couples slow down, reconnect, laugh, listen, dream, and grow together.

How to Use This Guide

There are no perfect answers and no right or wrong way to have these conversations. Choose one question, take turns answering, and listen without interrupting. Some questions may create laughter, while others may open the door to deeper conversations. The goal isn't to fix everything in one night. The goal is to keep choosing **us**.

Warrior Couple Promise

We will make time for each other. We will listen to understand. We will make room for laughter. We will speak honestly and with compassion. We will protect our connection. We will remember that we are on the same team.

1. Getting to Know Each Other Again

1. What is something about me you feel you understand better today than when we first met?

2. What is one thing you wish I asked you about more often?

3. What part of your personality do you think I sometimes misunderstand?

4. What is something you have been thinking about lately that you haven't shared with me?

5. What is one thing you hope never changes about us?

6. What is something new you'd like us to learn about each other?

7. When do you feel most like yourself when you're with me?

8. What is one memory of us that still makes you smile?

Our takeaway / next step:

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2. Laughter & Play

1. What is one silly thing we used to do that we should bring back?

2. What is something I do that always makes you laugh?

3. If we had an entire day with no responsibilities, what ridiculous adventure would you plan?

4. What couple would we be in a comedy movie?

5. What is the funniest memory you have of us?

6. What could we do this week just because it would be fun?

7. If we created our own couple's holiday, what would we celebrate?

8. What is one playful thing you'd like me to surprise you with?

Our takeaway / next step:

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3. Love & Appreciation

1. What is something I do that makes you feel loved?

2. What is one quality in me that you appreciate more now than you did early in our relationship?

3. When was a recent moment when you felt proud of us?

4. What is something I do that makes your life easier?

5. What is one thing you wish I knew about how much you appreciate me?

6. What is one compliment you think I don't hear enough?

7. What is something about our relationship that you never want to take for granted?

8. Finish this sentence: 'One reason I still choose you is…'

Our takeaway / next step:

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4. Communication & Listening

1. When we disagree, what helps you feel safe enough to keep talking?

2. What makes you feel truly heard by me?

3. Is there a communication habit we should work on together?

4. When you are upset, do you usually need space, comfort, solutions, or simply to be heard?

5. What is something I could do differently when we have a difficult conversation?

6. How can we disagree without making each other feel like enemies?

7. What does a sincere apology look like to you?

8. What is one conversation we've been avoiding that deserves a calm and loving discussion?

Our takeaway / next step:

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5. Emotional Connection

1. What helps you feel emotionally close to me?

2. When do you feel most supported by me?

3. Is there something you've been carrying emotionally that you'd like me to understand?

4. What makes you feel safe being vulnerable with me?

5. What is one way I can show up for you better during stressful seasons?

6. When do you feel most connected to us?

7. What does emotional intimacy mean to you?

8. What would help us create more moments where we can simply be present together?

Our takeaway / next step:

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6. Touch, Affection & Intimacy

1. What kind of everyday affection makes you feel closest to me?

2. What makes you feel desired and appreciated?

3. Are there ways we could bring more affection into our normal routines?

4. What helps you relax and feel connected when we're together?

5. What is one small romantic gesture you'd love to receive more often?

6. How can we make more space for intimacy without making it feel like another responsibility?

7. What does feeling emotionally connected have to do with physical closeness for you?

8. What is one way we could make affection a bigger part of our relationship?

Our takeaway / next step:

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7. Dreams & The Future

1. What do you want our relationship to feel like five years from now?

2. What is one dream you want us to pursue together?

3. What kind of experiences do you want us to have as a couple?

4. What does a successful life together mean to you?

5. What is one place you'd love for us to visit?

6. What is something we should start saving for or planning together?

7. What legacy do you want our relationship to create?

8. What would our future selves thank us for doing now?

Our takeaway / next step:

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8. Teamwork, Home & Money

1. What part of our daily responsibilities feels most uneven to you?

2. What could we change to make our home life feel more like a team effort?

3. What does financial security mean to each of us?

4. What money conversation would help us feel more united?

5. What is one household task you wish I noticed more?

6. How can we celebrate progress instead of only talking about problems?

7. What is one shared goal we should put on paper?

8. What does being a good teammate look like in everyday life?

Our takeaway / next step:

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9. Conflict, Trust & Rebuilding

1. What helps you feel respected even when we're angry?

2. What should our 'pause' signal be when a conversation becomes too heated?

3. What does rebuilding trust look like through everyday actions?

4. What do you need from me when you're hurt?

5. How can we make our relationship a safer place for honesty?

6. What patterns should we stop repeating?

7. What does forgiveness mean to each of us?

8. What is one commitment we can make to protect our relationship during difficult seasons?

Our takeaway / next step:

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10. Warrior Couple Challenge

1. What is one thing we can do this week to reconnect?

2. What is one habit we can start together?

3. What is one habit we should stop?

4. What is one thing we should schedule instead of simply hoping it happens?

5. What is one surprise we can plan for each other?

6. What is one area of our relationship that deserves more attention?

7. What does 'fighting for us' look like this month?

8. Finish this sentence together: 'We are a Warrior Couple because…'

Our takeaway / next step:

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Our Warrior Couple Commitment

The strongest relationships aren't perfect. They are intentional. They keep coming back to connection, communication, laughter, affection, teamwork, and growth.

Today, we choose:

■ To listen before reacting.

■ To make room for laughter.

■ To protect time for each other.

■ To speak with honesty and compassion.

■ To keep learning each other.

■ To fight for our relationship—not against each other.

Our next date / connection time: _____

One thing we will work on together: _____

One thing we are grateful for about us: _____

Remember: The box, the question, the date, or the activity is only the invitation. **The connection is the goal.**