

The Relationship Workshop® 

with Kristin Penuel, MA, NCC

10 Conversation Starters to Build Emotional Intimacy

by Kristin Penuel, MA, NCC

Want to feel more connected to your spouse but not sure where to start? These conversation prompts are simple, meaningful, and designed to create emotional closeness -- not tension.

You don't need a therapy session to start having better conversations. Just a few open-ended questions, a listening ear, and a little curiosity.

Try one or two at a time -- no pressure, no expectations. Just connection.

Connection Questions

1. What's something I've done recently that made you feel loved or appreciated? (Follow-up: Is there anything I could do more often?)
2. What's one of your favorite memories of us together? (Why do you think that one stands out?)
3. When do you feel most connected to me? (What helps you feel emotionally close?)
4. What's one small way we could bring more fun or playfulness into our relationship? (Think silly, light-hearted, or low-stakes!)
5. What are three things you're grateful for right now -- big or small?

Growth Questions

6. What's something you've been thinking about a lot lately but haven't shared?
7. When conflict comes up between us, what's one thing I could do differently to help us navigate it better?
8. How has our relationship changed in the past year -- for better or worse? (Where do you see growth? Where do you want growth?)
9. What's a hope or goal you have for us in the next six months? (How can we take a small step toward that together?)
10. What do you need more of in our marriage right now -- emotionally, spiritually, or physically?

Pro Tip: Pick a time when neither of you is distracted, tired, or tense. The goal isn't to solve problems -- it's to understand and connect.

You're investing in your marriage just by asking the right questions. Keep going.