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Hard Talks

What did you appreciate about the way we talked today?

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On a scale from one to ten, how are you feeling right now?

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What do you need before we start talking about something hard?

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Where do you feel most comfortable when we need to talk about something important?

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What time of day works best for you for a serious talk?

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What's a sign that you need a break during a conversation?

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What word can we agree on for when one of us needs to pause?

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What helps you calm down when you get worked up?

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What makes you feel listened to?

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What have we been good at solving together before?

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How would you like us to end a hard conversation?

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What can I do to help you feel safe while we talk?

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What went well the last time we disagreed and worked it out?

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What small thing can we look forward to once we're done talking?

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What's a topic we avoid that you'd like us to be able to talk about one day?

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How would you finish this sentence: "I feel ... when ..., and I need ..."?

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What do you think I need most when we disagree?

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What do you need most when we disagree?

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In your own words, what did you hear me say?

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What wish is hiding behind the thing that bothers you most?

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How can I best let you know when something upsets me?

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What do you wish I would ask you, instead of giving advice?

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What did you learn growing up about how to disagree?

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How can you tell that you're starting to get angry or upset?

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What happens inside you when I pull away from a conversation?

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Which of our arguments keeps coming back, and what is it really about?

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What would you like me to understand before we look for a solution?

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What's one small change that would make a big difference for you?

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How can we agree on taking a break so neither of us feels left alone?

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What have you done that you'd like to apologize for?

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How do you best receive an apology?

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What are you afraid I'll think when you tell me something hard?

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Which part of our daily routine causes the most friction, and what would you like instead?

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How can we split the chores so it feels fair to you?

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What matters most to you when we talk about money?

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What do you need from me when you're stressed?

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How can we disagree without it turning into a fight?

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What does it mean to you when I say "you're right about some of that"?

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What can we do when we're tired but still need to talk about something important?

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What's something I say that makes it harder to talk?

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What's something I say that makes it easier to talk?

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What do you wish we talked about more before decisions get made?

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How can I support you without taking over the problem?

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What's been on your mind that we haven't made time for?

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What's a boundary of yours you'd like me to understand better?

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What can we do differently next time we argue about the same thing?

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When have you felt alone in our relationship, even when we were together?

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What do you need to hear from me when you're afraid of losing me?

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**What's hard to say to me because
you're afraid of hurting me?**

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**What old experience shapes how
you react when we disagree?**

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**When did you last feel
misunderstood by me, and what do
you wish I had understood?**

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**What are you most afraid will
happen to us?**

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**How can I show you that you matter
more to me than being right?**

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**What have you been carrying alone
that you'd like to share with me?**

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**What would you like us to do when
one of us has hurt the other?**

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**What expectation of me have you
never said out loud?**

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What have you stopped asking for, and why?

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When have you felt safest with me?

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How do you know when a conflict between us is truly over?

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What do you hope we'll be able to talk about a year from now that we can't today?

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How has life taught you to protect yourself in conflicts?

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What should I know about you to comfort you better?

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Which decision we've made do you still struggle with?

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What would make it easier to tell me what's worrying you before it gets big?

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**What does it mean to you that we
can talk about hard things?**

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**When have you felt that I was truly
on your side?**

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**What do you need to know to feel
secure with me?**

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**Which of your feelings do you think I
overlook most often?**

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**What can we agree on if we don't
manage to resolve something the
same night?**

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**If we ever looked for outside help,
what would you want us to get help
with?**

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Your own question

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Your own question

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Your own question

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