



Conversation Cards for Couples

48 questions for the talks you keep meaning to have, one card at a time.

How to play

1. Cut out the cards and pick one theme for tonight.
2. Choose a calm moment: a walk, a slow dinner, the drive home.
3. One of you draws a card and answers first. Then swap.
4. Listen to understand, not to reply. Ask one follow-up before moving on.
5. Two or three cards are plenty. Stop while it still feels good.
6. Skip any card, anytime. You can come back to it another day.

The four themes

Who We Are	Where each of you comes from and what matters to you.
How We Care	The ways you look after each other.
Home and Days	How you share the work and rhythm of daily life.
Where We're Going	The future you are building together.

Agreed on something worth doing every week? Keep it as a routine pact in the Alpacto app.

Cut out: the deck cover and two blank cards for your own questions

YOUR QUESTION Meet the Alpacto app alpacto.com	YOUR QUESTION Meet the Alpacto app alpacto.com	Conversation Cards for Couples 48 cards · 4 themes  Meet the Alpacto app alpacto.com
---	---	---



Meet the Alpacto app → alpacto.com



WHO WE ARE

01

Which belief about yourself has changed the most in the last few years?

Meet the Alpacto app
alpacto.com

WHO WE ARE

02

Who outside our relationship shaped who you are, and how?

Meet the Alpacto app
alpacto.com

WHO WE ARE

03

What makes you feel most like yourself on an ordinary day?

Meet the Alpacto app
alpacto.com

WHO WE ARE

04

What are you still learning to be patient with in yourself?

Meet the Alpacto app
alpacto.com

WHO WE ARE

05

Which value from your family did you keep, and which did you set down?

Meet the Alpacto app
alpacto.com

WHO WE ARE

06

When were you proud of how you handled something hard?

Meet the Alpacto app
alpacto.com

WHO WE ARE

07

What do you wish people understood about you sooner?

Meet the Alpacto app
alpacto.com

WHO WE ARE

08

What kind of rest actually restores you, not just fills the time?

Meet the Alpacto app
alpacto.com

WHO WE ARE

09

What were you like at sixteen, and what would that person think of your life now?

Meet the Alpacto app
alpacto.com

WHO WE ARE

10

What worry have you outgrown, and what helped you let it go?

Meet the Alpacto app
alpacto.com

WHO WE ARE

11

What does a good friend mean to you now, compared with ten years ago?

Meet the Alpacto app
alpacto.com

WHO WE ARE

12

What question do you wish people asked you more often?

Meet the Alpacto app
alpacto.com

HOW WE CARE13 How can I tell, without words, that you need some space? Meet the Alpacto app alpacto.com	HOW WE CARE14 When have you felt most looked after by me? Meet the Alpacto app alpacto.com	HOW WE CARE15 What kind of help feels good to you, and what kind feels like pressure? Meet the Alpacto app alpacto.com
HOW WE CARE16 When you're disappointed, what do you need from me: advice, company, or distraction? Meet the Alpacto app alpacto.com	HOW WE CARE17 What is a way you show care for me that I might miss? Meet the Alpacto app alpacto.com	HOW WE CARE18 When we disagree, what helps you feel heard? Meet the Alpacto app alpacto.com
HOW WE CARE19 What is something you find hard to ask me for? Meet the Alpacto app alpacto.com	HOW WE CARE20 How do you want us to celebrate each other's wins, big or small? Meet the Alpacto app alpacto.com	HOW WE CARE21 What makes an apology feel real to you? Meet the Alpacto app alpacto.com
HOW WE CARE22 What does feeling appreciated look like on a busy weekday? Meet the Alpacto app alpacto.com	HOW WE CARE23 Which of our small rituals would you miss most if it disappeared? Meet the Alpacto app alpacto.com	HOW WE CARE24 When one of us is stressed and the other isn't, how should we handle it? Meet the Alpacto app alpacto.com

HOME AND DAYS

25

Which part of running our home do you carry in your head that I might not see?

Meet the Alpacto app
alpacto.com

HOME AND DAYS

26

What does a fair week between us look like to you?

Meet the Alpacto app
alpacto.com

HOME AND DAYS

27

What do you need to hear from me so you can stop tracking a task I said I'd do?

Meet the Alpacto app
alpacto.com

HOME AND DAYS

28

How do you want us to talk about money so it stays calm?

Meet the Alpacto app
alpacto.com

HOME AND DAYS

29

Which household decision do you want us to make together instead of alone?

Meet the Alpacto app
alpacto.com

HOME AND DAYS

30

Which habit could we build together to make weekdays easier?

Meet the Alpacto app
alpacto.com

HOME AND DAYS

31

How much time on your own do you need in a week to feel good?

Meet the Alpacto app
alpacto.com

HOME AND DAYS

32

When I say “I’ll do it soon,” how many days do you hear?

Meet the Alpacto app
alpacto.com

HOME AND DAYS

33

What would a weekly check-in between us look like: when, where, and how long?

Meet the Alpacto app
alpacto.com

HOME AND DAYS

34

What does our home need more of right now: calm, order, or coziness?

Meet the Alpacto app
alpacto.com

HOME AND DAYS

35

What does a good Sunday evening look like before a new week starts?

Meet the Alpacto app
alpacto.com

HOME AND DAYS

36

When plans change at the last minute, what helps you roll with it?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

37

What do you hope an ordinary Tuesday looks like for us in ten years?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

38

What are we already building together that you're proud of?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

39

What would you like to be braver about in the next year?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

40

Which experience do you want us to share before life gets more settled?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

41

How do you want our friendships to fit in as life gets busier?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

42

What would you want people to say about us as a team?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

43

Which of your personal goals would you like my help with this year?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

44

What would you like to learn from couples you admire?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

45

If we wrote three rules for our next year, what would they be?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

46

Which part of our future excites you most, and which part feels unclear?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

47

What do we do out of habit that no longer fits who we are?

Meet the Alpacto app
alpacto.com

WHERE WE'RE GOING

48

A year from now, what do you hope we're glad we started?

Meet the Alpacto app
alpacto.com