alpacto

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

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Conversation Cards for Couples

48 cards · 4 themes

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WHO WE ARE 01

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

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WHO WE ARE 02

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

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WHO WE ARE 03

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

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WHO WE ARE 04

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

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WHO WE ARE 05

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

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WHO WE ARE 06

When were you proud of how you handled something hard?

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WHO WE ARE 07

What do you wish people understood about you sooner?

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WHO WE ARE 08

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

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WHO WE ARE 09

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

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WHO WE ARE 10

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

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WHO WE ARE 11

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

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WHO WE ARE 12

What question do you wish people asked you more often?

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HOW WE CARE 13

How can I tell, without words, that you need some space?

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HOW WE CARE 14

When have you felt most looked after by me?

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HOW WE CARE 15

What kind of help feels good to you, and what kind feels like pressure?

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HOW WE CARE 16

When you're disappointed, what do you need from me: advice, company, or distraction?

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HOW WE CARE 17

What is a way you show care for me that I might miss?

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HOW WE CARE 18

When we disagree, what helps you feel heard?

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HOW WE CARE 19

What is something you find hard to ask me for?

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HOW WE CARE 20

How do you want us to celebrate each other's wins, big or small?

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HOW WE CARE 21

What makes an apology feel real to you?

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HOW WE CARE 22

What does feeling appreciated look like on a busy weekday?

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HOW WE CARE 23

Which of our small rituals would you miss most if it disappeared?

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HOW WE CARE 24

When one of us is stressed and the other isn't, how should we handle it?

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HOME AND DAYS 25

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

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HOME AND DAYS 26

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

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HOME AND DAYS 27

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

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HOME AND DAYS 28

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

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HOME AND DAYS 29

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

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HOME AND DAYS 30

Which habit could we build together to make weekdays easier?

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HOME AND DAYS 31

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

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HOME AND DAYS 32

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

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HOME AND DAYS 33

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

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HOME AND DAYS 34

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

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HOME AND DAYS 35

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

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HOME AND DAYS 36

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

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WHERE WE'RE GOING 37

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

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WHERE WE'RE GOING 38

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

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WHERE WE'RE GOING 39

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

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WHERE WE'RE GOING 40

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

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WHERE WE'RE GOING 41

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

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WHERE WE'RE GOING 42

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

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WHERE WE'RE GOING 43

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

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WHERE WE'RE GOING 44

What would you like to learn from couples you admire?

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WHERE WE'RE GOING 45

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

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WHERE WE'RE GOING 46

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

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WHERE WE'RE GOING 47

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

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WHERE WE'RE GOING 48

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

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