



# 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

|                                                                                                              |                                                       |
|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
|  <b>Who We Are</b>          | Where each of you comes from and what matters to you. |
|  <b>How We Care</b>       | The ways you look after each other.                   |
|  <b>Home and Days</b>     | How you share the work and rhythm of daily life.      |
|  <b>Where We're Going</b> | 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

|                                                                                                                                                   |                                                                                                                                                   |                                                                                                                                                                                                                                                                    |
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| <div><b>YOUR QUESTION</b></div> <div><hr/><hr/><hr/><hr/></div> <div>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></div> | <div><b>YOUR QUESTION</b></div> <div><hr/><hr/><hr/><hr/></div> <div>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></div> | <div><b>Conversation Cards for Couples</b></div> <div>48 cards · 4 themes</div> <div></div> <div>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></div> |
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| <div>WHO WE ARE01</div> <p>Which belief about yourself has changed the most in the last few years?</p> <p>Meet the Alpacto app<br/>alpacto.com</p> | <div>WHO WE ARE02</div> <p>Who outside our relationship shaped who you are, and how?</p> <p>Meet the Alpacto app<br/>alpacto.com</p>              | <div>WHO WE ARE03</div> <p>What makes you feel most like yourself on an ordinary day?</p> <p>Meet the Alpacto app<br/>alpacto.com</p>                        |
| <div>WHO WE ARE04</div> <p>What are you still learning to be patient with in yourself?</p> <p>Meet the Alpacto app<br/>alpacto.com</p>             | <div>WHO WE ARE05</div> <p>Which value from your family did you keep, and which did you set down?</p> <p>Meet the Alpacto app<br/>alpacto.com</p> | <div>WHO WE ARE06</div> <p>When were you proud of how you handled something hard?</p> <p>Meet the Alpacto app<br/>alpacto.com</p>                            |
| <div>WHO WE ARE07</div> <p>What do you wish people understood about you sooner?</p> <p>Meet the Alpacto app<br/>alpacto.com</p>                    | <div>WHO WE ARE08</div> <p>What kind of rest actually restores you, not just fills the time?</p> <p>Meet the Alpacto app<br/>alpacto.com</p>      | <div>WHO WE ARE09</div> <p>What were you like at sixteen, and what would that person think of your life now?</p> <p>Meet the Alpacto app<br/>alpacto.com</p> |
| <div>WHO WE ARE10</div> <p>What worry have you outgrown, and what helped you let it go?</p> <p>Meet the Alpacto app<br/>alpacto.com</p>            | <div>WHO WE ARE11</div> <p>What does a good friend mean to you now, compared with ten years ago?</p> <p>Meet the Alpacto app<br/>alpacto.com</p>  | <div>WHO WE ARE12</div> <p>What question do you wish people asked you more often?</p> <p>Meet the Alpacto app<br/>alpacto.com</p>                            |

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| <div>HOW WE CARE</div> <div>13</div> <p>How can I tell, without words, that you need some space?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p>                             | <div>HOW WE CARE</div> <div>14</div> <p>When have you felt most looked after by me?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p>                       | <div>HOW WE CARE</div> <div>15</div> <p>What kind of help feels good to you, and what kind feels like pressure?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p>  |
| <div>HOW WE CARE</div> <div>16</div> <p>When you're disappointed, what do you need from me: advice, company, or distraction?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p> | <div>HOW WE CARE</div> <div>17</div> <p>What is a way you show care for me that I might miss?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p>             | <div>HOW WE CARE</div> <div>18</div> <p>When we disagree, what helps you feel heard?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p>                             |
| <div>HOW WE CARE</div> <div>19</div> <p>What is something you find hard to ask me for?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p>                                       | <div>HOW WE CARE</div> <div>20</div> <p>How do you want us to celebrate each other's wins, big or small?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p>  | <div>HOW WE CARE</div> <div>21</div> <p>What makes an apology feel real to you?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p>                                  |
| <div>HOW WE CARE</div> <div>22</div> <p>What does feeling appreciated look like on a busy weekday?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p>                           | <div>HOW WE CARE</div> <div>23</div> <p>Which of our small rituals would you miss most if it disappeared?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p> | <div>HOW WE CARE</div> <div>24</div> <p>When one of us is stressed and the other isn't, how should we handle it?</p> <p>Meet the Alpacto app<br/><a href="https://alpacto.com">alpacto.com</a></p> |

HOME AND DAYS

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

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HOME AND DAYS

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

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HOME AND DAYS

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**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

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

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HOME AND DAYS

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

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HOME AND DAYS

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**Which habit could we build together to make weekdays easier?**

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HOME AND DAYS

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

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HOME AND DAYS

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

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HOME AND DAYS

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

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HOME AND DAYS

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

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HOME AND DAYS

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

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HOME AND DAYS

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

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WHERE WE'RE GOING

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

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WHERE WE'RE GOING

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

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WHERE WE'RE GOING

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

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WHERE WE'RE GOING

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

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WHERE WE'RE GOING

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

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WHERE WE'RE GOING

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

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WHERE WE'RE GOING

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

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WHERE WE'RE GOING

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**What would you like to learn from couples you admire?**

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WHERE WE'RE GOING

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

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WHERE WE'RE GOING

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

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WHERE WE'RE GOING

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**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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