

The **Reconnection** Guide

7 Conversations Every Couple
Needs to Have.

HEY BABE,
Can We Talk?
WITH DREA RENEE

Welcome **Back to Each Other!**

Life gets busy. Between work, routines, and everything pulling at your attention, it's easy to feel like you're living side by side instead of truly together.

This guide isn't about fixing what's broken. It's about returning to each other, with curiosity, honesty, and care.

The only rule: listen more than you speak. Set aside time. Put your phones away. And begin.

This guide works best when both partners read it together.

Before You Begin

→ Choose a calm, private moment, not during an argument or when you're rushed.

→ Take turns answering each question. Don't interrupt.

→ Respond with curiosity, not judgment.

→ It's okay to say "I don't know yet, let me think about that."

→ You don't have to complete all 7 in one sitting

A gentle reminder: These conversations may bring up tender feelings. That's normal. If emotions run high, take a break and return when you're both calm.

Conversation 1: The Check-In

How are we, really?

Questions to explore together:

- On a scale of 1-10, how connected do I feel to you right now? What's behind that number?
- What's one thing I've been carrying lately that you might not know about?
- Is there anything you've been wanting to say to me but haven't found the right moment?

Goal: To create a safe space where both partners feel truly seen.

Conversation 2:

Appreciation & Gratitude

What do I love about you that I forget to say?

Questions to explore together:

- What's something you do regularly that I don't thank you enough for?
- What's a quality in you that I admire deeply?
- When did you last feel truly appreciated by me? What happened?

Goal: To remind each other of the specific, real reasons you chose one another, and still do.

Conversation 3:

Needs & Love Languages

Am I loving you the way you actually need to be loved?

Questions to explore together:

- What makes you feel most loved: words, touch, quality time, acts of service, or gifts?
- Is there something you need from me emotionally that you feel you're not getting?
- What's one small thing I could do this week that would make you feel deeply cared for?

Goal: To align how you give and receive love so both partners feel nourished.

Conversation 4:

Conflict & Repair

How do we fight, and how do we come back?

Questions to explore together:

- What tends to trigger me most in our arguments? Do you know why?
- After a fight, what do I need from you to feel safe again?
- Is there an unresolved tension between us right now that we've been avoiding?

Goal: To understand each other's conflict patterns and build a shared language for repair and forgiveness.

Conversation 5:

Dreams & the Future

Where are we going, together?

Questions to explore together:

- What does your ideal life look like in 5 years, and am I in that picture the way you want?
- Is there a dream you've put on hold that you'd like us to revisit?
- What's one thing we haven't done yet that you really want us to experience together?

Goal: To realign on your shared future and make sure both of your dreams have room to grow.

Conversation 6:

Intimacy & Connection

How close do we feel, and how do we get closer?

Questions to explore together:

- Do you feel emotionally intimate with me right now? What would deepen that?
- Is there anything affecting our physical connection that we haven't talked about openly?
- When do you feel most drawn to me? What creates that?

Goal: To open a gentle, non-pressured conversation about closeness, emotional and physical, and what both partners need to feel truly connected.

Conversation 7:

The Relationship Itself

What does our relationship need from us right now?

Questions to explore together:

- If our relationship could speak, what do you think it would ask us for?
- What's one habit or pattern we have that I think we should change together?
- What's one commitment I'm willing to make to *us* starting today?

Goal: To treat your relationship as something you actively build together, not something that just happens to you.

You Showed Up. **That Matters.**

The fact that you're reading this together, says everything.

Reconnection isn't a single moment. It's a practice. It's choosing each other again and again, in the ordinary and the hard.

Keep this guide somewhere you can return to it. Revisit a conversation when you feel distance creeping in. Add your own questions. Make it yours.

Your relationship is worth the conversation.

Want to Go Deeper?

Couples therapy isn't a last resort. It's a choice to invest in your relationship before it costs you more than you're willing to lose.

You don't have to figure it out alone.
Schedule your free 30-minute discovery call.

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