

25 Questions to Reconnect With Your Spouse

A guided conversation booklet with 25 questions, ground rules, and reflection prompts for husbands and wives rebuilding warmth, friendship, and emotional closeness.

A guided conversation booklet for husbands and wives who miss the friendship, warmth, and emotional closeness they used to have.

Start Here

Do not use these questions to interrogate your spouse. Use them to become curious again. Distance usually grows when husband and wife stop asking good questions, stop listening slowly, and start assuming they already know the whole story.

Choose five questions at a time. Put phones away. Sit somewhere calm. Let one spouse answer fully before the other responds.

Rules:

- No mocking honesty.
- No correcting feelings immediately.
- No using answers as ammunition later.
- No rushing to solve what first needs to be understood.

Reconnection is not built by one dramatic conversation. It is built by repeated moments of honest attention.

Part 1: What Has Been Heavy

1. What has been weighing on you lately that I may not fully understand?
2. Where have you felt alone, even if I was physically nearby?

3. What pressure are you carrying that you wish I noticed more often?
4. What have you been afraid to bring up because you did not want another argument?
5. What part of this season has been harder for you than it looks from the outside?

Reflection:

- One burden I heard:
- One way I can support you this week:
- One thing I need to stop minimizing:

Part 2: What We Miss

1. What do you miss about us?
2. What memory of our marriage still makes you smile?
3. When did you feel especially close to me in the past?
4. What habit used to make us feel like friends?
5. What kind of laughter, play, or ease do you want us to recover?

Reflection:

- A memory worth protecting:
- A friendship habit to restore:
- One simple moment we can create this week:

Part 3: What Helps You Feel Loved or Respected

1. What helps you feel known by me?
2. What helps you feel loved by me?
3. What helps you feel respected by me?
4. What kind of affection feels meaningful right now?
5. What is one small thing I do that makes you feel chosen?

Reflection:

- I feel loved when:
- I feel respected when:
- A small daily action that would matter is:

Part 4: What Has Created Distance

1. What habit has made us feel distant?
2. Where have I misunderstood you?
3. Where have you felt dismissed or taken for granted?
4. What conversation have we been avoiding?
5. What apology, clarification, or repair would help us move closer?

Use this repair line if needed:

I did not realize that landed that way. I want to understand it better, and I am sorry for the part I played.

Reflection:

- A distance-making habit:
- A repair that would help:
- One defensive response I need to avoid:

Part 5: What We Still Hope For

1. What hope do you still carry for our marriage?
2. What kind of home atmosphere do you want us to build?
3. What do we want our children, family, or community to see in our marriage?
4. What do we need to protect from busyness, resentment, or distraction?
5. What is our next faithful step?

Reflection:

- A shared hope:
- A threat to that hope:
- Our next faithful step:

A 7-Day Reconnection Plan

Choose one action per day.

Day 1: Ten minutes of phone-free conversation.

Day 2: Send a text that says something specific you appreciate.

Day 3: Take a walk or sit together without screens.

Day 4: Ask one question from this guide and only listen.

Day 5: Bring back one small affection habit.

Day 6: Repair one small unresolved hurt.

Day 7: Plan one simple moment of enjoyment for the coming week.

Closing Words

Read together:

We do not want to become strangers under the same roof. We will ask better questions, listen with more patience, and choose small acts of devotion that rebuild friendship over time.

Educational note: This resource is for marriage education and reflection. It is not a substitute for licensed counseling, legal advice, medical advice, crisis intervention, or emergency support. If you are unsafe, seek local emergency help immediately.