

Journal prompts or Conversation starters

You can use this in two ways. Either create a couple journal and write on these prompts as a couple once a week or just sit together and discuss these questions on a weekend.

- How are you, really?
- What went exciting for us as a couple....
- What went disappointing for us as a couple....
- This week I'm thankful that you.....
- I loved it or was honoured when you.....
- I'm sorry for.....
- I felt hurt when.....
- I think we should both together work on or make an effort for
- This week I forgot about.....
- I would like you to help me with....
- I would like you to pray about my.....
- I wanted to share with you about....

Remember to give each other ample space for speaking up openly. Listen with love. Use the following questions if you want to discuss further without sounding rude or aggressive

- How does this thought or action help you or help our relationship?
- What are your options or what is the one thing that you can do immediately about this?
- What's missing here?
- Imagine for a moment that your issue is resolved....how did you do it?
- What are you ready to change...what are you not?
- Why is this important now?
- What would you have done in my position?
- What's the problem in one sentence?