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The Couple Conversation Guide, 2026

Good conversations keep a couple close. This guide lists the prompt types and when to use each, simple tips for better talks, what relationship research says, a check list and a page to plan your next date night.

Prompt types and when to use them

Prompt type	Use it for
Romantic	Intimate moments and anniversaries
Playful	Fun nights and long car rides
Thought-Provoking	Talking about important topics
Future Planning	Dreams, goals and life plans
Reflective	Memories and how far you have come
Flirty	Teasing and light romance

Tips for better talks

- **Choose the right time and place:** a quiet time, phones off
- **Listen actively:** ask follow-up questions
- **Be honest and open:** share real thoughts and feelings
- **Take turns:** give each other equal time to talk
- **Start light:** save deeper prompts for later

What research says

- A Love Map is the guide to your partner's inner world: their likes and dislikes.
- A bid is a request for attention, support or comfort. Your partner turns toward it when they reply with what you need.
- In Arthur Aron's lab research, his 36 questions made people feel more connected and feel more passionate love for their partners.

Source: The Gottman Institute, What Is the Sound Relationship House; Greater Good Science Center, 36 Questions to Feel Connected.

Date night check list

☐ We both have time and energy tonight.

☐ Phones are off or away.

☐ We picked a topic together.

☐ We take turns answering.

☐ We listen before we reply.

☐ We end on something we look forward to.

Our next date night

Date and place: _____

Topic we want to talk about: _____

Prompt type and tone: _____

One thing we will do together: _____

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