

The background is a textured blue surface. A piece of aged, yellowish-brown paper with torn edges is layered over the top and bottom. A thin, brown stem with small, dried, light-colored flowers is positioned vertically on the left side, extending from the bottom towards the top.

# **7 CONVERSATION PROMPTS TO RESTART CONNECTION**

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# Who is this for

This guide is for couples or individuals who feel a little distant, stuck in repeated arguments, emotionally disconnected, or unsure how to begin a kinder conversation.

It may also be useful when intimacy feels harder to talk about, or when both partners want to reconnect but do not know where to start.

You do not need to answer every prompt. Start with one gentle question and let the conversation unfold slowly.

# How to Use This Guide

Choose one prompt below. Just one is enough.

Set a 10–12 minute timer.

Take turns:

- one person speaks for up to 5 minutes
- the other listens without fixing, debating, or interrupting
- then swap

End with:

“What felt good?”

“What felt tender or difficult?”

“What do we need next?”

Choose one small action to try this week.

# The 7 Prompts

## 1. Care Moments

“What made you feel cared for this week, big or small?”

Tip:

Name the small things. A cup of tea, a message, a smile, a moment of patience, or being remembered.

## 2. What's Been Heavy

“What has felt heavy on your mind lately?”

Tip:

Listening means validation first. Avoid advice unless your partner asks for it.

### **3. One Small Step**

“One small thing we could try this week to feel closer is...”

Tip:

Keep it small. Ten minutes of intentional connection is more useful than a big plan you cannot maintain.

### **4. When I'm Stressed**

“When I'm stressed, I wish you knew I often need...”

Tip:

Finish with a clear request, such as time, quiet, reassurance, touch, space, or a walk.

## 5. A Boundary That Helps

“One boundary that would help me breathe easier is...”



Tip:

Boundaries protect connection. They are not punishments.

## 6. Looking Forward

“What is one thing you are looking forward to with me?”

Tip:

Having something to look forward to can help couples feel more hopeful and connected.

## 7. 10-Minute Connection

“If we had 10 minutes of connection most evenings, what would that look like?”

Tip:

Examples: tea and a cuddle, a device-free chat, a shared stretch, a short walk, or a brief kiss and breath.





# Mini Tools for Difficult Conversations

## **Pause and breathe:**

Take one slow breath in and let the exhale be slightly longer than the inhale. Repeat three times.

## **Repair script:**

“When X happened, I felt Y. Next time, could we try Z?”

## **Five-minute turns:**

One person speaks while the other listens. Then swap. No interruptions.

## **Pause phrase:**

“I want to keep talking, but I need a moment to settle first.”





# Gentle Next Steps

Try one prompt tonight.

Choose one small action for this week.

Notice what felt easier, what felt tender, and what you may want to talk about again.

If you would like more personalised support, you are welcome to book a free 15-minute introduction call.



# Contact

IntimaBalance Counselling  
Relationship & Intimacy Counselling

Free 15-minute introduction call

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# Important Note

This guide is for general relationship education and reflection. It does not replace counselling, psychotherapy, medical care, legal advice, crisis support, or safeguarding intervention.

If there is fear, coercion, intimidation, emotional abuse, physical violence, sexual pressure, threats, or immediate danger in the relationship, communication tools may not be safe to use without appropriate professional support.

If you are in immediate danger, contact emergency services or a crisis support service in your area.