

Couples

30 JOURNAL PROMPTS FOR COUPLES

NAME _____ DATE _____

- 1 What is one small thing your partner did this week that made your day a little easier?
- 2 Describe your partner's laugh to someone who has never heard it.
- 3 What is a meal, snack or drink that feels like it belongs to the two of you, and why?
- 4 Write down the first thing you remember noticing about your partner, as plainly as you can.
- 5 What is a phrase or inside joke only the two of you understand, and where did it come from?
- 6 Which ordinary moment from today would you like to tell your partner about tonight?
- 7 What song makes you think of the two of you, and what moment does it bring back?
- 8 Name three things your partner is quietly good at that they rarely get credit for.
- 9 What is one way your partner shows care that you have only recently started to notice?
- 10 If the two of you had a free Saturday with no plans, how would you want to spend it?
- 11 What is one tiny habit of your partner's that you would miss if it disappeared?

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| 12 | What is one thing you hope to share with your partner by the end of today? |
| 13 | Write a short thank-you note to your partner for something from the past month. |
| 14 | Describe a day early in your relationship that you still replay in your mind. What made it stick? |
| 15 | What is a place the two of you have been that feels like part of your story? |
| 16 | When do you feel most like a team? Describe a recent moment when you did. |
| 17 | What does a good ordinary weeknight look like for the two of you? |
| 18 | Write about a shared task or routine that runs smoothly between you. What makes it work? |
| 19 | What is something you have learned from your partner that changed the way you do things? |
| 20 | Think about a time your partner surprised you. What did it show you about them? |
| 21 | What is a dream you have for the two of you that you have not said out loud yet? |
| 22 | What is one new thing you would like to try together in the coming year, and what draws you to it? |
| 23 | What helps you feel close to your partner on a busy or tiring day? |
| 24 | How do you each like to be comforted after a hard day? Write what you know and what you are still guessing. |

25 What is a tradition the two of you have made together, or one you would like to start?

26 Write about a disagreement you worked through well. What did each of you do that helped?

27 What is a question you have always wanted to ask your partner but never have?

28 How has your partner changed since you met, and how have you changed alongside them?

29 Write about a season when life was hard for one or both of you. How did you hold on to each other?

30 What do you think your partner needs more of from you right now, and what makes that easy or hard to give?