

## Conversation Prompts For a Relationship Check In

*Questions focused on the healing in the relationship:*

1. How has the experience of healing from the impact of pornography addiction changed your perspective on intimacy and trust in our relationship?
2. Are there specific triggers or situations that still bring up feelings of insecurity or anxiety for you? How can we work together to navigate these triggers more effectively?
3. Have you noticed any positive changes or growth in yourself or our relationship since we started the healing process? Let's celebrate those together.
4. What are some strategies or coping mechanisms you've found helpful in dealing with challenging emotions related to the past?
5. Are there any new boundaries or guidelines we should consider implementing to further support our healing journey?
6. How can we integrate emotional and physical intimacy in our relationship as we heal when the time is right?
7. Are there any aspects of our communication that you feel we can improve on to make our conversations even more productive and supportive?
8. Have you experienced any setbacks or relapses in your healing process? Let's discuss how we can approach these challenges with compassion and understanding.
9. What activities or experiences do you find help you feel more connected and loved in our relationship?
10. How can we continue to support each other's individual healing and growth outside of our shared conversations?
11. Are there any unresolved emotions or concerns from the past that you would like to revisit and discuss further?

12. How do you envision our future together as we continue to heal and grow as a couple?
13. Are there any specific affirmations or reassurances you need from me to feel more secure and loved in our relationship?
14. What have you learned about yourself and your needs throughout the healing process, and how can we incorporate those insights into our daily lives?
15. How can we keep open communication about any new challenges or triggers that may arise in the future?
16. Have you found any resources or tools that have been particularly helpful in your healing journey that you'd like to share with me?
17. What are some ways we can intentionally create positive memories and experiences together to strengthen our emotional connection?
18. Are there any aspects of our daily routines or habits that may be unintentionally hindering our healing progress?
19. How can we support each other in setting and achieving personal and relationship goals as we move forward?
20. Is there anything else you'd like to share or discuss related to our healing journey, or any questions you have for me as we continue to grow together?
21. How do you envision our ideal emotional and physical intimacy in the long run, and what steps can we take together to work towards that?
22. Are there any specific triggers or memories related to the past that you feel we need to process together to find closure?
23. How has the healing process challenged our communication style, and what adjustments can we make to ensure we're effectively expressing our emotions and needs?

24. Have you noticed any changes in your self-esteem or self-confidence since we began healing together? How can we continue to build each other up?
25. Are there any unresolved feelings of anger, resentment, or hurt that you'd like to address in a safe and supportive environment?
26. Have you encountered any difficulties in rebuilding trust, and how can we reinforce our commitment to being transparent and accountable to one another?
27. How do you feel about seeking additional support, such as individual therapy or support groups, to complement our healing journey?
28. What are some ways we can actively nurture and prioritize our emotional connection on a daily basis?
29. How can we create a comfortable and non-judgmental space for each other to share our thoughts and feelings openly?
30. Have you identified any specific triggers or patterns of behavior that may contribute to feelings of insecurity or mistrust in our relationship?
31. How can we incorporate more empathy and understanding into our interactions to foster a deeper emotional bond?
32. Are there any new hobbies or activities we can explore together to enhance our emotional connection and create new positive experiences?
33. How do you feel about establishing a shared vision for our future together and setting goals that align with our healing and growth?
34. What role do you think forgiveness plays in our healing process, and are there any aspects of forgiveness that you find challenging?
35. How can we encourage and support each other in maintaining healthy boundaries, both individually and as a couple?

36. Have you noticed any patterns of behavior or thought that you'd like to change to promote emotional well-being and healing?
37. How can we maintain open and honest communication about any potential setbacks or struggles we may encounter?
38. Are there any specific strategies or techniques we can implement to manage stress and anxiety related to the healing process?
39. How can we celebrate the progress we've made so far and acknowledge the resilience we've shown throughout this journey?
40. What are some ways we can express love and appreciation for each other in ways that feel meaningful and impactful?
41. Have you experienced any breakthroughs or moments of clarity during our healing process that you'd like to share with me?
42. How can we continue to educate ourselves on healthy relationship dynamics and emotional well-being to support our ongoing growth?
43. Are there any rituals or routines we can create to strengthen our emotional connection and create a sense of safety and stability?
44. How can we balance giving each other space to heal individually while also staying emotionally connected and supportive as a couple?
45. What do you feel are the most significant lessons we've learned through our healing journey, and how can we apply these lessons to create a brighter future together?
46. How do you feel our emotional intimacy has evolved since we started working through the challenges of pornography addiction together?
47. What are some positive coping mechanisms or self-care practices we can incorporate into our daily routines to promote emotional well-being?

48. How has the process of healing from pornography addiction affected our communication style, and what improvements can we make moving forward?
49. Are there any specific boundaries or guidelines we can establish to create a safe and supportive environment for both of us?
50. How can we celebrate each other's progress and efforts in the healing process, no matter how big or small?
51. Have you noticed any recurring triggers or patterns that we can address together to minimize their impact on our relationship?
52. What role do you believe vulnerability plays in our healing journey, and how can we encourage open and honest expression of emotions?
53. How do you envision our future together, and what steps can we take to align our goals and aspirations for the relationship?
54. Are there any unresolved emotions or questions from the past that you'd like to explore together to find closure?
55. How can we support each other in maintaining a healthy work-life balance while dedicating time to healing and strengthening our relationship?
56. Have you noticed any improvements in our emotional connection and mutual understanding since we started the healing process? If so, what contributed to these positive changes?
57. How can we foster a deeper sense of trust and emotional safety in our day-to-day interactions?
58. Are there any specific communication tools or techniques we can learn and practice together to enhance our conflict resolution skills?
59. How has our support network of friends and family influenced our healing journey, and how can we nurture those positive relationships?

60. What are some ways we can creatively express love and appreciation for each other, reaffirming our commitment to the healing process?
61. Have there been any challenges or setbacks in our healing journey that we can approach as learning opportunities to grow together?
62. How can we maintain a healthy balance between addressing the impact of pornography addiction and focusing on our present and future as a couple?
63. What are some activities or experiences we can share to create new positive memories that strengthen our emotional connection?
64. How can we foster a sense of playfulness and fun in our relationship, even in the face of challenging moments?
65. Are there any personal goals or aspirations related to healing from the impact of pornography addiction that you'd like to set for yourself, and how can I support you in achieving them?
66. How do you perceive the changes in our physical intimacy and ways we can continue nurturing this aspect of our relationship?
67. What are some ways we can ensure we both feel heard and validated during our conversations about the healing process?
68. How can we cultivate an attitude of gratitude and appreciation for each other, acknowledging the efforts we are making to heal and grow?
69. Are there any specific topics or concerns related to the healing process that you'd like to explore in couples therapy to gain further insight and understanding?
70. How can we stay committed to the process of healing and growth, knowing that it may take time and patience to fully restore our emotional connection?

*Questions to focus on emotional processing together:*

1. Describe a time when you felt truly understood and supported. What made that experience significant for you?
2. Share a recent situation that made you feel stressed or overwhelmed. How did you cope with those emotions?
3. Reflect on a time when you felt deeply connected to someone. What factors contributed to that sense of connection?
4. Describe a specific activity or hobby that brings you joy and helps you relax. How does engaging in this activity affect your emotions?
5. Share a childhood memory that still evokes strong emotions for you. What emotions are tied to that memory, and why do you think they persist?
6. Discuss a recent accomplishment or success that made you feel proud. How did that achievement impact your overall emotional well-being?
7. Reflect on a situation where you experienced conflict with someone close to you. How did you navigate your emotions during that conflict, and what did you learn from it?
8. Describe a time when you felt vulnerable and unsure. How did you handle those emotions, and what support did you seek?
9. Share a recent experience where you felt a strong sense of gratitude. What emotions accompanied that feeling of gratitude?
10. Reflect on a significant change or transition in your life. How did you emotionally adapt to that change, and what lessons did you learn?
11. Describe a time when you felt truly heard and valued. What made that experience significant for you?

12. Share a recent situation that made you feel excited or enthusiastic. How do you typically express or channel those emotions?
13. Reflect on a time when you felt disconnected from someone. What factors contributed to that sense of disconnection?
14. Describe a specific place or environment that brings you a sense of peace and calm. How does being in that space affect your emotions?
15. Share a childhood memory that still brings you joy. What emotions are tied to that memory, and why do you think they endure?
16. Discuss a recent setback or failure that impacted your emotional state. How did you navigate and cope with those emotions?
17. Reflect on a situation where you experienced forgiveness or reconciliation. How did you process your emotions during that process, and what did you learn from it?
18. Describe a time when you felt supported and understood during a challenging period. How did that emotional support positively impact your well-being?
19. Share a recent experience where you felt a strong sense of compassion. What emotions accompanied that feeling of compassion?
20. Reflect on a significant personal growth journey or transformation. How did your emotions evolve during that process, and what insights did you gain?

*Here are some more prompts that are a bit more specific to the day to day:*

1. Share a moment from today when you felt a sense of accomplishment or productivity. How did that make you feel, and why?
2. Describe a situation from your day that made you feel frustrated or irritated. How did you manage or cope with those emotions?



3. Reflect on a recent interaction with someone that left you feeling appreciated or valued. What emotions did that experience evoke, and why?
4. Discuss a specific activity or task that you find enjoyable or fulfilling. How do you feel when you engage in that activity, and why is it significant to you?
5. Share a moment from today when you felt overwhelmed or stressed. How did you recognize those emotions, and what strategies did you employ to address them?
6. Reflect on a recent change or adjustment in your daily routine. How did that change impact your emotions, and how have you adapted to it?
7. Describe a situation from your day when you felt a sense of connection or camaraderie with someone. What emotions accompanied that feeling of connection, and why?
8. Discuss a recent decision you made and the emotions that were involved in the process. How did you navigate those emotions, and what factors influenced your decision?
9. Share a moment from today when you felt a sense of gratitude or appreciation. What emotions did that experience bring forth, and why do you think it resonated with you?
10. Reflect on a challenging moment from your day and the emotions it elicited. How did you handle those emotions, and what lessons did you learn from that experience?
11. Share a moment from today when you felt supported or encouraged by someone. How did that make you feel, and why?
12. Describe a situation from your day that made you feel excited or energized. How did you express or channel those emotions?
13. Reflect on a recent interaction with someone that left you feeling misunderstood or disregarded. What emotions did that experience evoke, and why?

14. Discuss a specific activity or routine that helps you unwind or relax. How do you feel when you engage in that activity, and why is it meaningful to you?
15. Share a moment from today when you felt challenged or stretched beyond your comfort zone. How did you recognize and navigate those emotions?
16. Reflect on a recent change in your environment or surroundings. How did that change impact your emotions, and how have you adapted to it?
17. Describe a situation from your day when you felt a sense of joy or amusement. What emotions accompanied that feeling, and why do you think it resonated with you?
18. Discuss a recent decision you made and the emotions that were involved in the process. How did you manage and process those emotions, and what factors influenced your decision?
19. Share a moment from today when you felt a sense of compassion or empathy. What emotions did that experience evoke, and why do you think it touched you?
20. Reflect on a challenging moment from your day and the emotions it elicited. How did you navigate those emotions, and what insights did you gain from that experience?