



**Enjoy Marriage & Family Life
Conversation Starters
to Help You Feel
More Connected at Home**



“10 simple questions to spark meaningful connection in just a few minutes a day.”



Enjoy Marriage & Family Life

A Note From Sadie

I'm so glad you're here. You're doing one of the most important things you can do for your marriage and family—choosing connection. Small moments truly add up, and even one gentle conversation can shift the tone of a whole day.

I'm cheering for you,

Sadie 



Tips for Using Conversation Starters

Connection doesn't happen by accident — it happens through small, intentional moments where people feel seen, heard, and safe. Conversation starters help create those moments, but how you use them matters just as much as the questions themselves. Here are a few guidelines to help you get the most out of them:

Start Simple

If the connection between you has been low lately, begin with light, fun, or everyday questions. Save the deeper ones for later, when connection and ease have started to return.

Stay curious, not corrective

You're not trying to fix or defend. Avoid "Why would you say that?" and try "Oh, I didn't know that — tell me more."

Use the right tone

Ask with curiosity, not pressure. A soft tone builds openness. The wrong tone can shut people down.

Choose the right time

Use these when things are calm — in the car, on a walk, at the table, or winding down. Avoid using them in chaos, conflict, or when someone is stressed.

Start with one

One might be enough. Don't rapid-fire or turn this into an interrogation. Let things flow.

Let awkwardness be okay.

If it feels a little awkward at first, that simply means you're out of practice — not that something is wrong. Warmth returns with repetition.

Take turns answering

Connection is built through mutual sharing. If you never share, they might not. If you overshare, they may feel unheard. Aim for 2–3 sentences each — not a monologue, not just a yes/no.

Celebrate every small moment

Even 30 seconds of real connection is meaningful. Small moments create big change when practiced consistently.

Make it work for your family

Remember every family is unique. Keep your family preferences in mind. It can help to go first in the beginning. Ex- It made me smile this week when you___. What's something that made you smile?



If you could plan a dream day – simple or extravagant – what would it look like?



What's a movie, show, game or book you've enjoyed lately?



What is a moment from today you enjoyed?



What's one small thing that would make tomorrow feel better?



What helps you feel most supported by me?



What's one small way we can enjoy each other more?



What's one thing our family is doing well right now?



What's a favorite family memory you think about sometimes?



What's something you're grateful for today?



What's something I can pray about with you?

