**Conversation Card Deck:** <https://www.gottman.com/couples/apps/>

Ever feel like you want to reconnect with your partner, but you’ve run out of words to do so? Maybe each talk leads to an argument, or maybe you both silently reach for the remote to watch tv over dinner, exhausted from your days. Well, here is a low-pressure--high fun activity that takes the guesswork out of starting conversations. The Gottman Conversation Card Deck app is a free resource to get the conversation flowing. This app provides multiple card decks to choose from including “Love Maps,” “Open-Ended Questions,” and “Date Night.” Along with conversation starter decks, there are also decks focused on amping up the romance between the two of you with the “Salsa Decks.” You can use these card decks at a pace that feels comfortable to you, since there are varying levels of spice ranging from “Mild” to “Medium” to “Hot.” The app also offers card decks that aid with listening to your partner’s needs, or expressing empathy. There’s much more--check it out! What do you have to lose?

Remember the aim of this activity is to have fun, not argue! If you are concerned about tension or conflict, here are some guidelines that might help with this activity:

1. Pick a time when you are likely to have a good conversation. If either of you are tired, hungry, or spent then even light conversation might not go well.

2. For conversational card decks, have each partner take turns answering a different question to avoid comparing answers.

3. Keep it light, and remember to give your partner space to be himself or herself! Try not to take offense to, argue with, or correct a partner’s answer.

4. Don’t turn this into a chore! Approach the app as an optional tool to grow close to one another. You might want to set an agreed upon time limit on how long you will engage with the app, or decide on how many turns each of you will take to answer questions. You can always keep going if you are still having fun!

**6hrs to a Better Relationship:** <https://www.gottman.com/blog/6-hours-a-week-to-a-better-relationship/>

A common complaint in relationships is that there simply isn’t enough time for one another! The same 24 hours come and go, and the hours turn into days, into weeks...and so on. You get the idea. It’s easy to let work, responsibilities, personal hobbies, you name it to get in the way of quality time with a partner. However, even the reallocation of several minutes a day can make a big difference in a relationship. Maybe you won’t be able to do every single item in this plan, but it’s worth a try to incorporate some simple tweaks to a busy schedule in order to build up a relationship. This link shares how devoting six hours out of the 168 hours in a week can lead to a stronger, closer relationship.

**36 Questions to Fall in Love:** <http://36questionsinlove.com>

Sometimes during a date night it is hard to set aside worries about kids or stress from work. These questions are conversation prompts that have become famous for people to use in a first date to get to know each other and see if they are a love match. They can work for couples at all stages of life though since the answers can change over time as you continue to change and grow as people. It can be a way to learn more about one another in a light and silly way. Keep your date night focused on growing your love. These questions can be utilized at a restaurant dinner, or at an at-home-date night. If you enjoy this exercise, consider creating your own silly question prompts to use on your next date night.