



Journal Prompts about Relationship Communication

Here are 20 light-hearted, inspiring, and informative communication prompts designed to bridge Christa Coetzee's intentional micro-moments with Leigh Joy's Self-Care Tripod.

Light & Playful Prompts

Use these during casual moments to quickly boost your relationship connection.

- "What is a silly memory of us that always makes you smile?"
- "If our relationship had a theme song this week, what would it be?"
- "What is one tiny thing I did recently that made you feel loved?"
- "If we could drop everything and go on a spontaneous afternoon date right now, what would we do?"
- "What is a quirky habit of mine that you've secretly grown to love?"

Tripod Balance Prompts

Use these to check in on each other's personal well-being, boundaries, and energy levels.

- "Which leg of your self-care tripod feels a little wobbly today?"
- "How can I best support your personal alone time this week?"
- "What is something you need to say 'no' to right now to protect your peace?"
- "How are you feeling physically and emotionally on a scale of 1 to 10?"
- "What is one thing filling up your soul's cup outside of our relationship right now?"

Deep Connection Prompts

Use these during a quiet evening to build emotional intimacy and close the gap on unsaid thoughts.

- "What is a dream or goal you are currently working toward that I can cheer you on for?"
- "Is there an unsaid appreciation you've been meaning to share with me?"
- "When do you feel the safest and most understood in our conversations?"
- "What is something new you've learned about yourself over the last month?"
- "How can we bring more intentional 'micro-moments' of connection into our busy mornings?"

Growth & Alignment Prompts

Use these during a quiet evening to build emotional intimacy and close the gap on unsaid thoughts.

- "What is a boundary you need us to establish to make our daily routine run smoother?"
- "How do you prefer to receive comfort when you are feeling completely overwhelmed?"
- "Is there an area where you feel we are accidentally drifting, and how can we steer back?"
- "What does a perfectly balanced week look like for us as a team?"
- "What is one thing we can change today to make our home feel more peaceful?"