

A guided connection worksheet for couples

# Connection Questions

*What Staying Actually Looks Like*

**How to use this worksheet:** Set aside 15-30 minutes to complete this worksheet. You can complete this together or individually, then share. There are no right or wrong answers. The goal is to understand each other better to deepen your relationship.

If actively speaking about this topic feels difficult or isn't possible with your current circumstances, we recommend using a different medium to help you connect to your partner. Options we would recommend would be a journal to express thought and pass back and forth, voice-to-text to send to each other, or even voice messages to save a share when you each are ready. Chronic illness is challenging to manage, but it is our hope that these questions make it easier.

1. What does "showing up" look like for you right now - and how is that different than before?

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2. Where do you need more help that you've been hesitant to ask for?

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3. What has staying required of you in this season that you didn't expect?

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4. What's one way I've supported you that mattered more than I realized?

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5. What does staying look like for us moving forward - not perfectly, but honestly?

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