



MENTAL HEALTH AMERICA OF
HAWAII'S





CONNECTIONS DECK

This deck contains 25 cards designed to start quality conversations and 10 cards to prompt moments of intimacy.





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INSTRUCTIONS:



Find a half hour to an hour of quality time, to spend in conversation, with your partner. Keep this time technology and distraction free.



You can choose a couple of conversation cards then an intimacy card or you can mix the cards up and draw randomly from the deck. Remember to approach the conversation with curiosity, empathy, and love.





QUESTION TO SHARE:

WHAT IS YOUR FAVORITE BOOK? WHY?

Alternative: What is your favorite song?
Why?



QUESTION TO SHARE:

WHAT DOES INTIMACY MEAN TO YOU?





QUESTION TO SHARE:

WHAT BRINGS
MEANING TO
YOUR LIFE?



QUESTION TO SHARE:

WHAT WAS
THE MOST
CHALLENGING
LESSON YOU
EVER LEARNED?





QUESTION TO SHARE:

WHAT BRINGS YOU JOY?



QUESTION TO SHARE:

WHAT IS YOUR EARLIEST CHILDHOOD MEMORY?



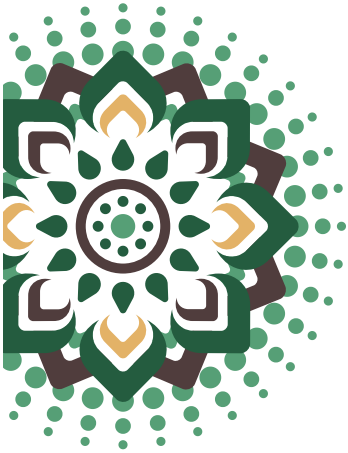
Hint: Some childhood memories can include trauma. Pick your earliest, pleasant memory to share.





QUESTION TO SHARE:

WHAT DO YOU LOVE MOST ABOUT ME?



QUESTION TO SHARE:

HOW DO YOU SHOW YOUR LOVE TO ME?



Hint: People show love in different ways including verbally, physically, doing things for their loved one, or giving presents.





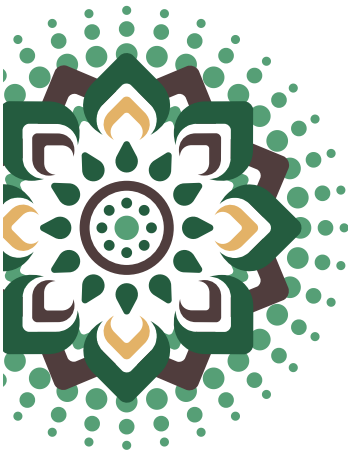
QUESTION TO SHARE:

WHAT IS YOUR
FAVORITE
THING THAT I
DO FOR YOU?



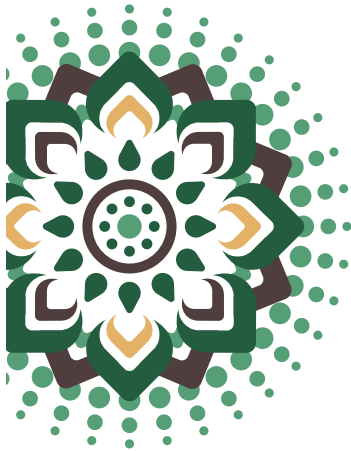
QUESTION TO SHARE:

WHAT
ACCOMPLISHMENT
ARE YOU MOST
PROUD OF
ACHIEVING?





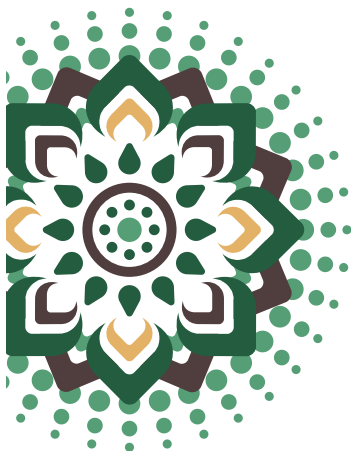
QUESTION TO SHARE:



WHAT IS YOUR FAVORITE QUOTE?
WHY?



QUESTION TO SHARE:



WHEN DID YOU KNOW THAT YOU LOVED ME?





QUESTION TO SHARE:



DO YOU BELIEVE
LOVE CHANGES IN
A RELATIONSHIP?



QUESTION TO SHARE:



WHAT DO YOU
NEED WHEN YOU
FEEL UPSET?



Hint: This answer might include comfort from a partner or things that help them feel calmer.





QUESTION TO SHARE:



WHAT WAS YOUR
FAVORITE DATE OF
OURS?



QUESTION TO SHARE:



WHAT DOES A
PERFECT DAY
LOOK LIKE TO
YOU?





QUESTION TO SHARE:

WHAT DO YOU
IMAGINE YOUR
FUTURE TO BE?



QUESTION TO SHARE:

WHAT ARE TOP 3
BUCKET LIST
ITEMS?





QUESTION TO SHARE:



WHAT TRADITIONS
ARE IMPORTANT
TO YOU?



QUESTION TO SHARE:





WHAT KEEPS
YOU UP AT
NIGHT?







QUESTION TO SHARE:



WHO DID YOU
LEARN HOW TO
BE IN A
RELATIONSHIP
FROM?



QUESTION TO SHARE:



WHAT ARE THE
MOST IMPORTANT
VALUES THAT WE
SHARE?





QUESTION TO SHARE:

WHAT IS
SOMETHING YOU
ASSUME TO BE
TRUE ABOUT ME
BUT HAVE
NEVER ASKED?



QUESTION TO SHARE:

WHAT WERE YOU
LOOKING FOR
WHEN YOU
FOUND ME?





QUESTION TO SHARE:



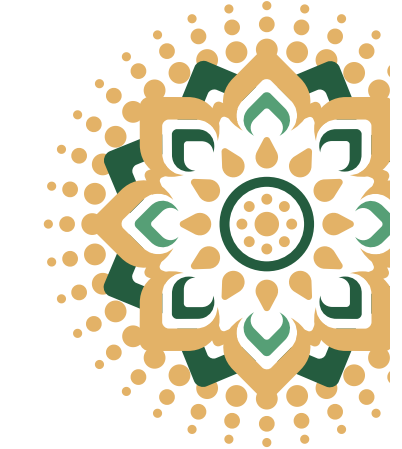
HOW AND WHERE
DO YOU LIKE TO
BE TOUCHED?



INTIMACY PROMPT:



GIVE AND
RECEIVE A
WARM EMBRACE





INTIMACY PROMPT:

SHARE A KISS
WITH YOUR
PARTNER



INTIMACY PROMPT:

GIVE AND
RECEIVE A
MASSAGE





INTIMACY PROMPT:

LEAVE A LOVE
NOTE FOR YOUR
PARTNER
TOMORROW



INTIMACY PROMPT:

COMPLIMENT
YOUR PARTNER





INTIMACY PROMPT:

GO FOR A WALK WITH YOUR PARTNER



INTIMACY PROMPT:

HOLD HANDS

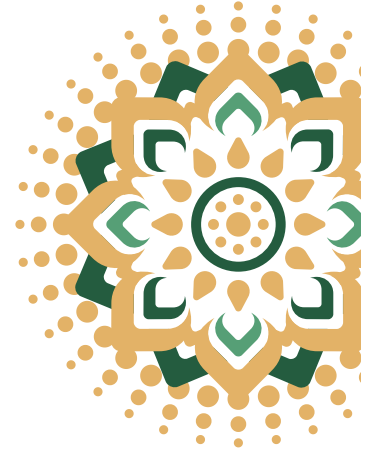
Hint: Find time throughout the week to hold hands to build intimacy.





INTIMACY PROMPT:

TRY SOMETHING NEW TOGETHER



INTIMACY PROMPT:

BUILD A NEW RITUAL IN YOUR RELATIONSHIP



Hint: Rituals can be built around goodbyes, hellos, mornings, going to bed, important events, and other times.





INTIMACY PROMPT:

SAY "I LOVE
YOU" IN NEW
AND CREATIVE
WAYS

