MERIDELLA WELLNESS

25 Intimate Conversation Starters

TO BUILD DEEP INTIMACY

Questions to bring you closer,
one conversation at a time.



BEFORE YOU BEGIN

What Type of Communicator Are You?

Before you explore the conversation starters, it helps to know how you each communicate. Your style shapes how you share, how you listen, and what feels safe to say, so understanding it makes every question that follows more honest and more kind.

Think of the last time you needed something from your partner and it felt hard to say. What did you do?



Turtle

I stayed quiet and hoped they'd notice.



Bear

I said it loudly, or in a way that put them on the defensive.



Cat

I hinted, sighed, or said "I'm fine."



Bunny

I told them honestly how I felt and what I needed.

There's no wrong answer. Turn the page to meet your animal. ♡

THE 4 COMMUNICATION STYLES

Meet Your Animal



PASSIVE

The Turtle

Retreats into the shell to keep the peace, and keeps needs hidden inside.
Sounds like: "It's fine, whatever you want."

Pros: Deep thinkers, good at keeping the peace, and good at addressing the problems that are truly important and unavoidable.

Cons: May delay working through topics they can avoid to lessen short-term conflict, will let the little things slide, and may not communicate their needs fully, leaving hidden resentment.



AGGRESSIVE

The Bear

Gets the point across with a roar, but at your partner's expense.
Sounds like: "You never listen to me!"

Pros: Highly protective of their loved ones and fiercely loyal to their cause and vision. Great at expressing their needs clearly and explicitly.

Cons: May be overprotective, and may sometimes choose winning over their partner. May sometimes place their needs over their partner's.



PASSIVE-AGGRESSIVE

The Cat

Feelings come out sideways, through sarcasm, silence, comedy, or a swat from the shadows.
Sounds like: "No, it's fine. Don't worry about me."

Pros: Observant and emotionally perceptive, quick-witted, and good at avoiding big blowups in the moment. Cats that use comedy and flirting are naturally good at conflict repair.

Cons: Leaves loved ones guessing, lets frustration build indirectly with half-hearted answers, and can leave both people feeling confused and disconnected.



ASSERTIVE ♡

The Bunny

Says what's true with kindness, for both of you.
Sounds like: "I felt hurt when plans changed. Can we talk about it?"

Pros: Clear, honest, and kind, and makes space for both people's feelings and needs. Builds trust, and problems get solved while they're still small.

Cons: Takes practice and courage, especially when old habits kick in. It may feel vulnerable at first, and it works best when both people are willing to listen.

We all visit every animal now and then. The goal is to find your way back to the Bunny, one conversation at a time.

GOOD TO KNOW ♡

Most people will express several communication styles over their lifetime and throughout their relationships. Which animal shows up often depends on how much stress you're carrying and the life changes you're navigating together. Understanding your partner's communication styles and their communication patterns (how and when they fluctuate between different styles or stick to just one) is the first step to creating deep long-lasting intimacy.

BEFORE YOU DIVE IN

How to Use These Conversation Starters

Whichever animal shows up today, these starters help you both hop back toward the Bunny.

1. Pick a calm moment, with phones put away.
2. Take turns. One person answers while the other simply listens.
3. When your partner shares a feeling, comfort them where they are, the way the Bunny would, before you respond or try to solve.
4. Then share your own feelings back, using “I felt (emotion).” That’s how the Bunny speaks.
5. Skip any question that isn’t right today. Come back to it later.



LOOK FOR THE BUNNY ♡

Every page has a Bunny tip, a small nudge toward speaking from the heart.

CONVERSATION STARTERS

Closeness

1. *When do you feel closest to me?*
2. *What is one small moment from this week that made you feel loved?*
3. *What helps you feel most connected to me on a busy day?*
4. *What is something I do that makes you feel cherished?*
5. *When was the last time you felt truly relaxed with me?*



BUNNY TIP ♡

Start with how you felt, not what they did. “I felt close to you when…” is a sweet place to begin.

CONVERSATION STARTERS

Feeling Safe and Heard

6 *What helps you feel safe opening up to me?*

7 *When do you feel most heard by me?*

8 *Is there something you've been feeling lately that you haven't known how to share?*

9 *How can I comfort you best when you're stressed?*

10 *What is a feeling that's hard for you to say out loud?*



BUNNY TIP ♡

When your partner answers, pause before you reply. A soft "That sounds hard. Tell me more" goes a long way.

CONVERSATION STARTERS

Affection and Connection

11 *How do you most love to be shown affection?*

12 *What is a touch or gesture that makes you feel adored?*

13 *When do you feel most attracted to me, and what's happening in that moment?*

14 *What is a favorite memory of us that still makes you smile?*

15 *What would make our time together feel more special?*



BUNNY TIP ♡

Answer with a smile and let it be a little silly. Warmth matters more than perfect words.

CONVERSATION STARTERS

Dreams and the Future

16 *What are you most hopeful about for our future?*

17 *What is a dream you've been carrying quietly?*

18 *What does a perfect, ordinary day together look like for you?*

19 *What is something new you'd love for us to try together?*

20 *How would you like us to feel in five years?*



BUNNY TIP ♡

There are no wrong dreams here. Be curious first, and save the problem-solving for later.

CONVERSATION STARTERS

Growing Together

21 *What is something you're proud of us for?*

22 *What is something I could do to make you feel more supported?*

23 *What is a hard moment we handled well together?*

24 *What is one thing you'd like us to practice saying to each other more often?*

25 *What are you most grateful for about us right now?*



BUNNY TIP ♡

Share with "I felt (emotion)," then ask, "What do you need from me?" That's how a Bunny listens.

Keep the conversation going.

Continue nurturing your relationship, and yourself, in the Meridella Wellness Space, a gentle place to nurture your personal well-being and build healthy habits.

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