

# How to Get Closer—Even When Nothing’s Wrong

*A Conversation Guide for Emotionally Distant but Conflict-Free Couples*

## Why This Worksheet Matters

Many couples assume that if there’s no fighting, the relationship is fine. But emotional closeness isn’t measured by the absence of conflict—it’s measured by how seen, safe, and connected you feel with each other.

This worksheet is designed to help you and your partner gently reconnect—not because something is broken, but because you’re ready to feel more alive, loved, and emotionally close.

No blame. No drama. Just presence, curiosity, and truth.

You don’t need a crisis to grow closer. You just need a starting point.

## Before You Begin

Choose a calm, uninterrupted time. Light a candle. Sit on the couch. Go for a walk. Hold hands or make eye contact if it feels safe.

Say this aloud to each other before starting:

“This isn’t about fixing. It’s about feeling. I want to know you better, and I want you to feel known by me.”

## Part One: Gentle Check-In

Take turns answering each question. One person shares while the other listens with curiosity—not solutions.

- What do you miss about us that we used to do or feel?
- When do you feel most emotionally connected to me?
- Is there something I do that makes you feel distant—even if I don’t mean to?
- Is there something small I could start doing to help you feel more seen or loved?
- How have you changed lately that you don’t think I’ve noticed?

## Part Two: Going Deeper Together

Answer these questions out loud or journal your responses and then read them to each other.

- What’s something I’ve never said—but always hoped you knew?

- • What part of yourself have you been hiding from me (even just a little)?
- • What do you wish we could talk about more openly?
- • How do you want to feel in our relationship in the next year?
- • What would “closeness” look like for you right now—not in theory, but today?

### Part Three: Intimacy Without Pressure

Together, choose one small thing you will try this week to increase emotional closeness. Make it easy, doable, and loving.

Some ideas:

- • A 10-minute nightly check-in
- • Sharing a song that reminds you of your partner
- • Recreating your first date at home
- • Leaving each other handwritten notes
- • Sitting close in silence and breathing together for 5 minutes

This week, we will try:

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### Mini Mantra to Keep You Anchored

“We don’t have to be in crisis to come closer.  
Our love grows in the quiet, too.”

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