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BONUS 02 | PRESENT FOR HER

# THE CONVERSATION CARDS

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Specific Conversation Starters For The Christian Husband  
Rebuilding Genuine Connection With His Wife

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# How To Use These Cards

The restoration work in Present For Her requires building genuine emotional connection with your wife. The Curiosity Practice and the Chosen Vulnerability practice both depend on having real conversations. But for a husband who has spent years managing emotional distance, knowing where to begin those conversations is not always obvious.

These cards give you specific starting points. Each one is a genuine question or statement calibrated for a husband who is rebuilding emotional intimacy rather than performing it. They are not scripts to memorise. They are prompts to borrow until the practice of genuine conversation becomes natural again.

*The cards are organised in four tiers from lightest to deepest. Begin with Tier One during Weeks 1 through 4 of the 90-Day Plan. Move to Tier Two during Weeks 5 through 8. Tier Three and Four can be used from Week 9 onwards or at any point when the conversation naturally opens that space. Do not force depth before the foundation is ready. Connection builds in sequence.*

One card per day is sufficient. Some days one card will open a conversation that lasts an hour. Some days a card will get a brief response. Both are fine. What matters is consistent use over weeks, not the length of any single conversation.

Use these cards in ordinary moments: at dinner, during a car journey, in the evening before sleeping. Do not create a special occasion for them. The most powerful conversations happen in ordinary moments when neither of you is performing for the other.

## THE FOUR TIERS

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|-------------------|---|
| <b>TIER ONE</b>   | The Opening Cards. Genuine curiosity. Safe and light. Weeks 1 through 4.          |
| <b>TIER TWO</b>   | The Connection Cards. Medium depth. Emotional availability. Weeks 5 through 8.    |
| <b>TIER THREE</b> | The Intimacy Cards. Deeper vulnerability. Rebuilding knowing. Weeks 9 through 12. |
| <b>TIER FOUR</b>  | The Marriage Vision Cards. Future orientation. Covenant renewal. Any time.        |

TIER ONE

# The Opening Cards

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*Genuine curiosity without requiring vulnerability from either of you yet. Use during Weeks 1 through 4.*

TIER ONE

# Opening The Space

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*Each card shows a conversation starter and a brief note on when and how to use it most effectively.*

01

***"What is something you have been thinking about lately that you have not had a chance to tell me?"***

Use in the evening when things have settled. This question communicates that you are interested in her interior, not just the household logistics. Wait for a genuine answer. Do not fill the silence.

02

***"What is something about you that you think I still do not fully understand?"***

This is a gentle challenge to the familiarity assumption. It tells her you know you do not fully know her. Most wives find this question surprising and deeply welcomed. Let her answer without defensiveness.

03

***"If you could change one thing about how we spend our time together, what would it be?"***

Practical but revealing. Her answer tells you what she has been wishing for that she may not have said directly. Listen without becoming defensive about what she describes.

04

***"What is something you are proud of in yourself that you do not say out loud very often?"***

Invites her to be seen in a way most people rarely ask. A husband who wants to see his wife celebrate herself is a husband who is genuinely present. This question is often unexpectedly moving for wives to receive.

05

***"What is something you have changed your mind about in the last year or two?"***

Shows that you see her as someone who is still growing rather than a fixed person you already fully know. The answer usually opens a longer conversation than expected.

06

***"Is there something you wish we talked about more in our marriage?"***

Direct and safe. Gives her permission to name a gap she may have noticed but not raised. Receive her answer without justification or explanation. Just listen.

07

***"What did you enjoy most about this week? Not the biggest thing. The small thing."***

Trains you both to notice what is good rather than only processing what is difficult. The specificity of "not the biggest thing" produces more revealing answers than the general version of this question.

08

***"What is something you are looking forward to, even if it is small?"***

A low stakes forward looking question that invites her to share something hopeful. Use it when conversations tend to stay in the practical or the problem focused.

TIER TWO

# The Connection Cards

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*Emotional availability and genuine interest in her interior world. Use during Weeks 5 through 8.*

TIER TWO

# Going Deeper

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09

***"What is something that worries you that you have been managing on your own?"***

This question actively invites her to stop managing alone. It communicates that you want to carry something with her rather than beside her. When she answers, stay in it with her rather than moving immediately to solutions.

10

***"Is there something I do that makes you feel genuinely seen and something I do that makes you feel unseen?"***

Use this when the foundation from Weeks 1 through 4 is reasonably established. Receive both answers without defensiveness. The second answer is the more valuable one. Write it down privately afterward and let it guide you.

11

***"What does a day where you feel genuinely loved by me look like? Be specific."***

The specificity instruction is important. Vague answers like "when you are kind" are less useful than specific ones. Push gently for the specific version. What she describes is a direct guide for what to do.

12

***"What is something you have needed from me in the last year that you did not ask for?"***

This is a significant question. It requires emotional safety to answer honestly. Only use it when some foundation has been built. When she answers, do not explain or justify. Say: "I hear you. I want to give you that."

13

***"What does intimacy mean to you right now? Not only physical. What does genuine closeness feel like for you?"***

Opens the conversation about intimacy broadly before narrowing to the physical dimension. Her answer will often reveal what has been missing from the marriage in ways she has not been able to say directly until now.

14

***"Is there a version of our marriage that you hope for that feels far away right now?"***

A powerful question that invites her to name hope and disappointment simultaneously. The answer tells you the distance between where she believes the marriage is and where she wishes it were. That distance is the restoration work's purpose.

15

***"What is something I said or did recently that meant more to you than I probably realised?"***

Trains you to notice that small things land. Her answer will show you which of your actions are reaching her even when you are uncertain they are. This is also an encouragement to continue the practices that are working.

16

***"When do you feel most like yourself in our marriage?"***

Reveals the contexts in which she is most at ease and most fully present with you. When she names them, pursue those contexts deliberately. She is telling you where genuine connection happens most naturally between you.

TIER THREE

# The Intimacy Cards

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*Deeper vulnerability and the practice of being genuinely known. Use from Week 9 onwards.*

TIER THREE

# Being Known

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17

***"There is something I have been carrying privately that I want to stop carrying alone. Can I tell you about it?"***

This is the entry point for chosen vulnerability. You do not need to disclose the full history of the cycle to use this card. Begin with something real from your current interior that you have been managing privately. The act of choosing to share is what matters.

18

***"I feel most distant from you when... and I do not always know how to close that distance. Can we talk about it?"***

Naming the pattern of distance without assigning blame. The "I do not know how to close it" admission is an act of vulnerability that usually moves the conversation in a genuine direction. Wait for her to respond before filling the space.

19

***"What is something you believe about our marriage that you are afraid to say out loud?"***

A significant question that requires genuine emotional safety. Only use it when the foundation from Tiers One and Two is solidly established. Be prepared for an honest answer that may be difficult to receive. Receive it without flinching.

20

***"I want to know something about you that you have never fully told anyone. You do not have to tell me. But I want you to know I want to know it."***

This is one of the most intimate things a husband can say to his wife. It communicates that you are genuinely interested in the parts of her that have not been shown to anyone. She may not answer immediately. Give her time. The offer itself is significant.

21

***"Is there something in our physical intimacy that you have wanted to tell me but have not known how to say?"***

Opens the physical intimacy conversation from her side. This is the husband inviting his wife to be honest about an area where wives rarely feel safe to be direct. Receive whatever she says with openness rather than defensiveness or shame.

22

***"I realise I have not always been as present as I should have been. I am working on that. I wanted you to know."***

This is not a full disclosure of the cycle. It is an honest acknowledgment of the distance she has felt, offered without requiring her to respond or to ask why. Many wives, upon hearing this, feel a relief they cannot fully explain. That relief is the wall beginning to come down.

TIER FOUR

# The Marriage Vision Cards

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*Future orientation and covenant renewal. Use at any point across the 90 days.*

TIER FOUR

# Looking Forward Together

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23

***"What does a thriving marriage look like to you in five years? Be specific about what would be different from now."***

Forward orientation. Lets both of you name the gap between the present and the desired future without having to diagnose the present directly. Her answer is a vision statement for the restoration work.

24

***"What is one thing about our early marriage that you miss and would like to have back?"***

Connects the future to what was already real between you before the cycle did its damage. What she names is not lost permanently. It is recoverable. The restoration work is partly about recovering it.

25

***"If our children were watching how we love each other, what would you want them to see that they do not see enough of right now?"***

Brings the marriage into the context of legacy and children. The answer usually reveals what matters most to her about the marriage beyond the two of them. It also creates shared motivation for the restoration work.

26

***"What is a prayer you have been praying for our marriage that you have not shared with me?"***

Opens the spiritual dimension of the marriage. A wife who has been praying privately for her marriage has been carrying something alone. Asking her to share it is an act of genuine spiritual partnership that most Christian couples never fully practise.

27

***"I want to choose you deliberately, not just be married to you by default. What does being deliberately chosen look like to you?"***

This is the language of the restoration work spoken directly to your wife. Most wives respond to this statement with emotion because it names something they have been quietly longing to feel. Her answer is a direct guide for how to pursue her.

28

***"What covenant are we making to each other right now, in this season, that we were not making clearly enough before?"***

Use this toward the end of the 90 days as a renewal conversation. Not a formal ceremony. An honest, private conversation between a husband and wife about what they are committing to in the next season of the marriage. Let her answer first.