






# The Conversation WE KEEP AVOIDING

## A WORKSHEET FOR DEEPER CONNECTION

Every relationship has conversations that get pushed aside. Maybe it feels too scary. Maybe it feels too vulnerable. Maybe we worry it will start a fight or create distance. But what we don't say doesn't go away—it grows. This worksheet helps you put into words what's been hard to say, so understanding and connection can finally begin.

### HOW TO USE THIS

-  Set aside uninterrupted time when you are both relatively calm.
-  Share one section at a time. One person speaks while the other listens.
-  Listen to understand, not to defend or fix.
-  Thank your partner for their honesty.
-  Remember, courage creates connection.



**1 I'VE BEEN AFRAID TO TELL YOU...**

What have you been holding back because you were afraid of how your partner would react? Be honest and gentle.

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**2 I WISH YOU KNEW...**

What do you wish your partner truly understood about you, your feelings, or your experiences?

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**3 I WORRY THAT...**

What worries do you have about your relationship, your future together, or something about you?

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**4 I MISS...**

What do you miss in your relationship? What has changed that you long to get back?

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**5 WHAT I'M ACTUALLY ASKING FOR IS...**

What do you need most from your partner right now? Be as specific as you can.

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**6 WHAT I WANT YOU TO KNOW ABOUT MY HEART IS...**

Is there something deeper you want your partner to know about what's going on inside you?

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**REFLECTION QUESTIONS TO DISCUSS TOGETHER**

- ♥ What did you hear that surprised you?
- ♥ What did you hear that touched your heart?
- ♥ Do you feel closer after sharing this?
- ♥ What is one small step we can take this week to support each other?
- ♥ Is there anything you still need more clarity on?

**OUR AGREEMENTS FOR THESE CONVERSATIONS**

- ♥ We will listen without interrupting. \_\_\_\_\_
- ♥ We will speak from our own heart, not blame. \_\_\_\_\_
- ♥ We will take breaks if things get too intense. \_\_\_\_\_
- ♥ We will remember we are a team. \_\_\_\_\_
- ♥ We will keep choosing each other, even in hard moments. \_\_\_\_\_

*a note from Shoshana*

The conversations we avoid are usually the ones our hearts are most desperate to have. When we risk being honest, we give our partner the opportunity to truly know us. You don't have to keep carrying this alone. Whether you're navigating disconnection, recurring conflict, or feeling stuck, couples therapy can help you break the cycle and rebuild a relationship that feels safe, supportive, and deeply connected. You deserve a relationship where you feel seen, heard, and chosen.