



How to Set Up Your Date Night

About 45 to 60 minutes. Dinner table or couch, both work.

Set the mood

- ♥ Phones away, face down or in another room
- ♥ Soft light: candles or string lights
- ♥ A simple snack, dessert, or your favorite drink
- ♥ A cozy spot with blankets and pillows
- ♥ Quiet music in the background

How to play

1. Take turns drawing a card and reading it out loud
2. Both answer. Either of you can pass, anytime
3. Listen to understand, not to fix
4. End with one thing you appreciate about each other

Pick your stack

- ☆ Light & fun: easy laughs, sweet memories
- ♡ Go deeper: catch up on each other's hearts
- ⌘ Gentle repair: soft, no-blame questions for distant seasons

Cozy, low-cost ideas

- ♥ Living room picnic on a blanket
- ♥ Make-your-own pizza or dessert night
- ♥ Porch or backyard date under the stars

Original questions by Love Again Daily, inspired by research on closeness such as Arthur Aron's work. For fun and connection, not therapy. If things feel unsafe, please reach out to a licensed counselor. In a crisis, call or text 988 (US). Domestic violence support: 1-800-799-7233.





Date Night Conversation Cards

Cut along the dashed lines ✂ · Page 2 of 5

LIGHT & FUN



What's a tiny thing I
do that makes you
smile, even if I don't
know I'm doing it?

loveagaindaily.com

LIGHT & FUN



If we had a free
Saturday and no
budget, how would you
plan our day?

loveagaindaily.com

LIGHT & FUN



Which song instantly
reminds you of us?

loveagaindaily.com

LIGHT & FUN



What's the best meal
we've ever shared?

loveagaindaily.com

LIGHT & FUN



If our relationship
had a theme song for
this year, what would
it be?

loveagaindaily.com

LIGHT & FUN



What's one thing you'd
love for us to try
together for the very
first time?

loveagaindaily.com

LIGHT & FUN



What did you think the
first time you saw me?
Be honest!

loveagaindaily.com

LIGHT & FUN



Which of our inside
jokes still makes you
laugh the hardest?

loveagaindaily.com

LIGHT & FUN



If we swapped lives
for a day, what's the
first thing you'd do
as me?

loveagaindaily.com

Closer, one day at a time.
loveagaindaily.com

If things feel unsafe, please reach out to a licensed counselor. In crisis? Call or text 988 (US).



Date Night Conversation Cards

Cut along the dashed lines ✂ · Page 3 of 5

LIGHT & FUN



Where's a place you'd
love to kiss me that
we've never been?

 loveagaindaily.com

LIGHT & FUN



What's a silly habit
of mine you secretly
love?

 loveagaindaily.com

LIGHT & FUN



What's your favorite
photo of us, and why
that one?

 loveagaindaily.com

GO DEEPER



When do you feel most
loved by me, in a
small everyday moment?

 loveagaindaily.com

GO DEEPER



What's a dream you
haven't said out loud
in a while?

 loveagaindaily.com

GO DEEPER



What's something
you're proud of that I
may not know enough
about?

 loveagaindaily.com

GO DEEPER



When did you first
know you wanted to be
with me?

 loveagaindaily.com

GO DEEPER



What's one way you've
grown since we met?

 loveagaindaily.com

GO DEEPER



What does a really
good week together
look like to you?

 loveagaindaily.com



Closer, one day at a time.

loveagaindaily.com

If things feel unsafe, please reach out to a licensed counselor. In crisis? Call or text 988 (US).



Date Night Conversation Cards

Cut along the dashed lines ✂ · Page 4 of 5

GO DEEPER



What's something from
your childhood that
still shapes how you
love?

loveagaindaily.com

GO DEEPER



What do you need more
of from me right now?
Less of?

loveagaindaily.com

GO DEEPER



Is there a moment with
me you wish you could
live again?

loveagaindaily.com

GO DEEPER



What's one fear about
the future you'd like
us to face together?

loveagaindaily.com

GO DEEPER



How can I support you
better when you've had
a hard day?

loveagaindaily.com

GO DEEPER



What do you hope we're
still doing together
in 20 years?

loveagaindaily.com

GENTLE REPAIR



What's one thing I did
recently that helped
you feel cared for?

loveagaindaily.com

GENTLE REPAIR



When things get tense
between us, what helps
you feel calmer?

loveagaindaily.com

GENTLE REPAIR



Is there something
small I could do this
week that would mean a
lot to you?

loveagaindaily.com

Closer, one day at a time.
loveagaindaily.com

If things feel unsafe, please reach out to a licensed counselor. In crisis? Call or text 988 (US).



Date Night Conversation Cards

Cut along the dashed lines ✂ · Page 5 of 5

GENTLE REPAIR



What's a time we got
through something hard
together?

loveagaindaily.com

GENTLE REPAIR



What's one thing you
miss about us that we
could bring back?

loveagaindaily.com

GENTLE REPAIR



How can I tell when
you need space, and
when you need a hug?

loveagaindaily.com

GENTLE REPAIR



What's something
you've wanted to say
but weren't sure how?

loveagaindaily.com

GENTLE REPAIR



What's a phrase that
helps you feel heard
during a disagreement?

loveagaindaily.com

GENTLE REPAIR



What's one thing you
appreciate about me,
even on hard days?

loveagaindaily.com

GENTLE REPAIR



If we could press
restart on one habit,
which would you pick?

loveagaindaily.com

GENTLE REPAIR



What would help you
feel more like a team
again?

loveagaindaily.com

GENTLE REPAIR



What's one hope you
have for us in the
next month?

loveagaindaily.com

Closer, one day at a time.
loveagaindaily.com

If things feel unsafe, please reach out to a licensed counselor. In crisis? Call or text 988 (US).