

BONUS 1

The Couple's Conversation Starter Cards

20 Questions For 20 Evenings
That Rebuild What The Silence Has Taken
AfricanHomeFront — Protecting What Matters Most



HOW TO USE THESE CARDS

These are not therapy questions. They are not worksheets. They are dinner table questions, bedtime questions, walking questions — for a Sunday morning when the children are occupied and there is a brief window of quiet.

One question per evening. No pressure to answer immediately. No requirement to answer completely. The question is an opening — what happens in the opening is up to both of you.

Three Rules Before You Begin

Rule 1 — Do not use the answers as ammunition. What is shared in these conversations is offered in trust. It cannot be quoted back in arguments. It cannot be used as evidence in future conflicts. It is a gift of honesty — treat it as such.

Rule 2 — Write before you speak. For each question, both partners take a few minutes to write their answer privately before sharing verbally. This prevents the pattern where one partner's spoken answer shapes the other's before they have accessed their genuine thinking.

Rule 3 — Receive before you respond. When your partner shares their answer, your first task is to receive it — to show that you have heard it before you respond. 'What I hear you saying is...' is always available as a bridge.

Use one card per evening. You may wish to keep this booklet somewhere you both have access to — on the bedside table, in the kitchen, or wherever you share quiet time together.

THE 20 EVENING QUESTIONS

EVENING 1

What is one thing about living here that you have never told me you miss about home — not the obvious things, but something specific and small?

Your answer: _____

EVENING 2

What has been the hardest part of this past month for you — not the version you tell other people, but the real one?

Your answer: _____

EVENING 3

What do you wish I understood about what you are going through right now that I do not seem to understand?

Your answer: _____

EVENING 4

What is one thing I used to do early in our relationship that you wish I still did?

Your answer: _____

EVENING 5

What is something you are proud of about yourself right now that you have not told me?

Your answer:

EVENING 6

What are you most afraid of — for our marriage, our family, or our future?
Not the polished version. The real fear.

Your answer:

EVENING 7

What is one thing you have been wanting to do together — just the two of us — that we have not done since we came here?

Your answer:

EVENING 8

What does a genuinely good day look like for you right now? What makes the difference between a good day and a hard one?

Your answer:

EVENING 9

What is something you have been carrying alone — something you have not shared with me — that you could share tonight?

Your answer: _____

EVENING 10

What is the best memory you have of us from the past year? Even something small.

Your answer: _____

EVENING 11

What does financial security mean to you right now — specifically and honestly, not theoretically?

Your answer: _____

EVENING 12

What do you want our children to say about our marriage when they are adults reflecting on how they were raised?

Your answer: _____

EVENING 13

What is one thing about living in this country that has surprised you about yourself — something you discovered that you did not know before you arrived?

Your answer: _____

EVENING 14

What is the thing you love most about our home right now — not the house, the home. The atmosphere. The people. What is working?

Your answer: _____

EVENING 15

If you could change one thing about how we communicate with each other, what would it be? Be specific.

Your answer: _____

EVENING 16

What is something you appreciate about me right now that you have not said recently?

Your answer: _____

EVENING 17

What would the ideal version of a Sunday look like for you? The whole day, from morning to evening.

Your answer: _____

EVENING 18

What is one thing you want to accomplish in the next five years — just for yourself, not for us or the children or the family back home. For you.

Your answer: _____

EVENING 19

What is the moment in our marriage that you return to most — the one that, when things have been hard, reminds you why we are doing this?

Your answer: _____

EVENING 20

What do you want me to know about who you are becoming here — the version of yourself that this country is producing that I may not be fully seeing yet?

Your answer: _____

AFTER EVENING 20 — THE FINAL QUESTION

After you have completed all 20 evenings, sit together and answer this one final question:

*"What do we want the next year of our marriage to feel like
— specifically, not generally? What word or phrase
captures what we are building toward?"*

Write your answers separately. Then share them.

If your answers are similar — you are already aligned on the direction.

If your answers are different — that difference is the most important conversation you will have this year.

Either way — you are having it together.

This booklet is part of the AfricanHomeFront Wife's Guide bundle.

© AfricanHomeFront 2025. All rights reserved. | eccentricconcept2@gmail.com | facebook.com/Africanhomefront