

Notice

Playing Toward Connection / Set 1

Use these questions as invitations or hold them as quiet clinical questions. Choose a card and one experiment at a time. Follow each partner's readiness; pausing or passing is always an option.



Chronic Disconnection

1. What happens to hurt that cannot find a hearing between you?
2. Whose account carries weight, and do repeated responses leave either partner quieter or more stuck?

Relational challenge: Use the card to name a recurring stuck point. Map what blocks hurt from being heard, including differences in power. Identify one condition needed for safer exploration; neither partner has to disclose the hurt itself.



Five Good Things

1. After a moment together, which feels more available: energy, worth, clarity, empowerment and creativity, or desire and capacity for connection?
2. Where do the partners' experiences differ, and what can those differences tell you?

Relational challenge: Use the card after one interaction. Each partner may mark what grew, stayed steady, or felt less available. Compare impressions if welcome. Look for information about the relationship, rather than a verdict.



MUD

1. Where has an old answer stopped fitting, even though a new one has not arrived?
2. Where do you notice a rush to reassure, explain, or decide before the couple's meaning is clear?

Relational challenge: Place the card beside a small unanswered question that can safely wait. Try a few minutes of company without advice. Then decide together whether to keep wondering, seek information, or pause.

Couples Cards + RCT Glossary

Adapted from BCC's RCT Glossary. Card titles link to their source pages.

Artwork from BCC's 2026 RCT Toybox collection.



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Curiosity

1. Which part of your partner's experience might hold more than the story you already know?
2. Do questions invite exploration or steer either partner toward a preferred answer?

Relational challenge: With the card between you, try one question whose answer you do not know. Allow an answer, a pass, or a change of direction. Notice whether the exchange creates space or pressure.

Relational Movement



1. When did the quality of connection shift in an ordinary interaction?
2. What became easier or harder to say, and how did each response change participation?

Relational challenge: Use the card to trace one small shift: what came just before it, and what followed. Compare impressions if welcome. Leave its meaning open; noticing movement does not require a decision or a repair.

Central Relational Paradox



1. When you move toward connection, what part of yourself feels hard to bring along?
2. What might agreement, silence, or self-editing be protecting?

Relational challenge: Use the card to notice self-editing. Where enough trust is present, try one small true detail, or name what would help authenticity feel safer. Attend to the response; disclosure remains a choice.

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