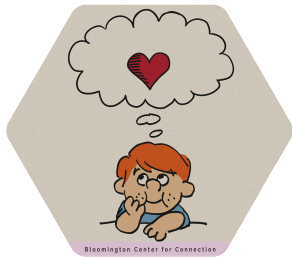


Understand

Playing Toward Connection / Set 2

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.



Positive Relational Moment

1. Which small memory of connection feels welcome to revisit, with your partner or someone else?
2. What happens to each partner's steadiness, energy, or sense of company while remembering?

Relational challenge: Invite each partner to choose a supportive moment and one detail that brings it close. Offer remembering, drawing, or sharing. Notice what shifts; if remembering hurts or nothing comes, pause and look for support in the room.



Strategies of Disconnection

1. What does this familiar response protect, and what connection does it help preserve?
2. When does either partner have less need to agree, joke, hide, or withdraw?

Relational challenge: Choose one recurring protective response together. Explore what made it useful before considering its costs. Notice a moment when it felt less necessary and what was different. Protection can remain; understanding its purpose is a meaningful beginning.



One True Thing

1. What feels true enough to offer now, without explaining everything?
2. How do power, timing, and possible consequences shape what feels shareable?

Relational challenge: Invite one small, honest sentence about appreciation, uncertainty, or need. It can be spoken, written privately, or left unfinished. If shared, slow down to notice its impact and leave room for the response to change what comes next.

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.

Set 2 / Understand / 1 of 2



Understand

Playing Toward Connection / Set 2

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Discrepant Relational Image

1. When has your partner - or someone else - responded with more care than you expected?
2. What familiar expectation did that moment interrupt, and what became possible?

Relational challenge: Place the card beside two brief phrases: "I expected..." and "Instead...". Invite a remembered exception; name the other person's actual response. Let it count without erasing past harm or requiring another risk today.



Relational Images

1. When you imagine showing more of yourself here, what response do you expect?
2. What unspoken rule or older relationship might be shaping the moment you are seeing?

Relational challenge: Use a recent, manageable moment of surprise or tension. Help each partner distinguish what happened, what they expected, and what they felt in their body. Stay curious about where the expectation came from and what this relationship is showing now.



Controlling Images

1. What cultural story about gender, race, sexuality, class, or another identity is entering this relationship?
2. Whose credibility, choices, or freedom does that story restrict?

Relational challenge: Choose a social stereotype shaping an everyday expectation between partners. Trace whose power it protects, then identify one interruption: change a phrase, question a rule, or share a decision. Keep responsibility with the person reproducing the image.

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