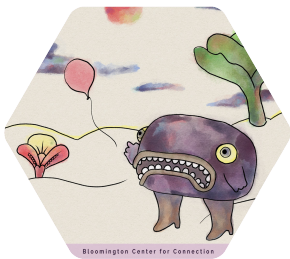


Practice

Playing Toward Connection / Set 3

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.



Disconnection

1. What changes first when you begin to feel unseen or misunderstood?
2. Whose hurt can be named, and whose experience becomes harder to hear?

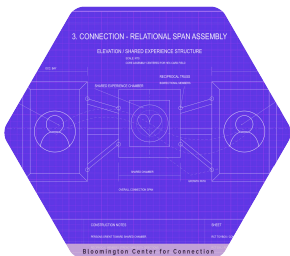
Relational challenge: With a recent, manageable moment, invite the couple to map connection, the shift, and its impact. Let each describe what became harder to say or trust. Notice differences without requiring agreement or immediate repair.



Reconnection

1. What response helps you know your hurt matters to your partner?
2. Does repair include changed action and room for what still needs care?

Relational challenge: Invite the couple to remember a manageable disconnection they found a way through. Explore what each did that helped, what became possible afterward, and what support from that experience they might want again.



Connection

1. When do you leave an interaction feeling more seen, capable, or clear?
2. Can both partners affect the conversation while keeping their differences?

Relational challenge: If both wish, invite one honest sentence and a curious question from each. Slow the exchange, then notice movement in energy, worth, clarity, capacity to act, or desire for connection.

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 3 / Practice / 1 of 2



Practice

Playing Toward Connection / Set 3

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.



Power-With

1. What have you created together that neither of you could have planned alone?
2. Whose contributions can change the direction, including the option to pause?

Relational challenge: Invite the couple to plan a small, shared activity, leaving one part undecided. Let each contribution change the plan. Notice what emerges between them and what makes influence possible for both.



Power-Over

1. What might saying no cost someone in this relationship?
2. Whose account carries authority, and who bears the consequences of disagreement?

Relational challenge: Use a manageable example or fictional couple to map who could decide, disagree, or refuse, and at what cost. Identify what protection and accountability are needed; the person with less power need not confront anyone.



Play

1. What kinds of play make room for surprise rather than pressure to perform?
2. Who can change the rules, pass, or influence what happens next?

Relational challenge: If both wish, begin a tiny story with an ordinary object doing something unexpected. Invite sentences, drawings, or gestures that change the story together. Pause, pass, or watch; notice what neither partner could have planned.

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