



The Getaway Game:

10 Questions to Deepen Your Connection on Vacation

Introduction

Vacations are about more than just sightseeing and relaxation—they're a chance to reconnect. Stepping away from daily life allows you to be present, reflect, and engage in meaningful conversations that bring you closer together.

These **vacation connection conversation cards** are designed to help you deepen your bond in a fun, natural way. Whether you're lounging by the pool, sharing a meal, or watching the sunset, pull a card and take turns answering. No pressure—just real conversations to make your trip even more special.

Instructions

- **Keep it light and fun:** No right or wrong answers—just an opportunity to connect.
- **Pick a card at random:** Draw a question whenever it feels right—on the beach, over coffee, or during a long walk.
- **Take turns answering:** Listen to your partner's response with curiosity, and share your own thoughts openly.
- **Let the conversation flow:** Use the prompts as a starting point and see where your discussion takes you.

Main exercise: Vacation conversation prompts

1. What meaning do vacations hold for you?

- What do you love most about traveling together?
- What's an ideal vacation for you?

2. What are you decompressing from on this trip?

- What's been the biggest stressor lately?
- How can we use this vacation to recharge?

3. Is there something special you're hoping for from our time together?

- What moments do you want to create on this trip?
- How can we make this vacation meaningful?

4. Is there something special you're hoping for from our time together?

- Is there something you've wanted to discuss but haven't had the space for?
- How can we make more time for deeper conversations?



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5. Is there something special you're hoping for from our time together?

- What gestures make you feel most loved?
- What's one small thing we can do daily to show gratitude?

6. How can we be a better team in our day-to-day lives??

- What's working well in our relationship right now?
- What's one thing we could improve together?

7. What's a dream you have for our future?

- Where do you see us in 5 or 10 years?
- What's one shared goal you'd love to work toward?

8. If we could take one part of this vacation home with us, what would it be?

- What's something we've done differently on this trip that we love?
- How can we keep that feeling going in daily life?

9. What's something we haven't talked about in a while that you'd like to revisit?

- A past experience, plan, or conversation we should check back in on?
- How do you feel about where we are now compared to a year ago?

10. How can we create more regular moments of connection after this trip?

- What small rituals can we build into our routine?
- How can we keep prioritizing quality time together?



Bonus card: The sunset question

- What's one thing about today that made you love our relationship even more?

Action plan: Next steps

- Take insights home: Choose one idea from your conversations to bring into daily life.
- Keep checking in: Plan regular mini-check-ins to continue the connection beyond the trip.
- Make it a tradition: Use these cards for future getaways or weekend retreats together.

Closing details

Great conversations strengthen great relationships. Whether this is your first trip together or one of many, these questions can help you deepen your bond, have fun, and leave your vacation feeling even more connected.

If you'd like to continue building a strong, fulfilling relationship, Connect Couples Therapy offers in-person sessions in Charlotte, NC, and Carefree, AZ, as well as virtual therapy for residents of Arizona, Florida, North Carolina, South Carolina, Tennessee, and Texas. Reach out today to keep strengthening your connection beyond the vacation.



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