

# THE CRISIS CONVERSATION GUIDE

## FOR STRUGGLING MARRIAGES:

The Questions That Save Marriages  
Before It's Too Late.



**THE CONVERSATION STARTER PLAYBOOK**  
FOR SAVING YOUR STRUGGLING MARRIAGE  
ONLINE OR OFFLINE



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# **The Crisis Conversation Guide For Struggling Marriages:**

***The Questions That Save Marriages Before It's Too Late***

A marriage that learns to have honest conversations can survive anything. The Crisis Conversation Guide gives struggling couples the exact questions and structured framework to break through silence, rebuild trust, and find their way back to each other.

By

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**THE CRISIS CONVERSATION GUIDE** *Questions Married Couples In Crisis Wish They Had Asked Before It Got This Far*

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1. When did you first notice us beginning to drift apart — and did you say anything about it at the time?
2. What is the one thing you have been wanting to say to me but have been too afraid to say?
3. On a scale of 1-10, how emotionally safe do you feel with me right now — and what would make it a 10?
4. What specific moment or incident do you believe damaged our marriage the most — and have we ever truly resolved it?
5. What do you need from me right now that I am not giving you?
6. When you imagine our marriage restored and healthy, what does that actually look like day to day?
7. Is there anything you have done in this marriage that you have never fully apologized for?
8. Is there anything I have done that you say you have forgiven but have not truly released?

9. What have you stopped doing in this marriage that you used to do — and why did you stop?
10. What have I stopped doing that made you feel loved — and have you ever told me how much it affected you?
11. Do you believe I am still committed to this marriage — and what would help you feel more certain of that?
12. What fear is driving most of your behavior in our conflict right now — fear of being hurt, abandoned, controlled, or ignored?
13. What would have to change specifically for you to feel hopeful about our marriage again?
14. Are you willing to take responsibility for your part in where we are right now — and what is that part?
15. What boundary have I crossed repeatedly that you have never clearly communicated to me?
16. If we do not address what is happening right now, where do you honestly see us in five years?
17. What does rebuilding trust look like practically to you — what would I need to do consistently to earn it back?
18. Is there a version of our marriage that you still want — and what would it take to get there?

19. What do you need me to understand about your pain that you feel I have never truly grasped?
20. Are you still willing to fight for this marriage — and if so, what are you willing to change about yourself to save it?
21. What has this season of crisis revealed about you personally that you were not aware of before?
22. Have you talked to anyone else about our marriage — and if so, has that helped or made things worse?
23. What does a healthy disagreement look like to you — and have we ever had one in this marriage?
24. Do you feel seen and valued as a person in this marriage, separate from your role as spouse or parent?
25. What is one thing you genuinely still admire about me — and when did you last tell me?
26. If we were to start completely over today, what would you do differently from the very beginning?
27. What has this marriage cost you personally — and do you feel it has been worth it?
28. Is there something you have been carrying alone in this marriage that you have never shared with me?

29. What would it feel like to completely forgive me — and is that something you genuinely want?
30. If God were sitting in this conversation with us right now, what do you believe He would say to each of us?
31. What did you believe marriage would feel like — and how far is the reality from what you imagined?
32. Have you ever felt more alone inside this marriage than you would have felt outside of it — and when?
33. What is the one apology you are still waiting to receive that has never come?
34. Is there a version of yourself in this marriage that you are ashamed of — and have you ever acknowledged it out loud?
35. What did you need from me during the hardest season of your life — and did I show up for you?
36. Do you believe I truly know who you are — not your role, but your heart — and if not, what have I missed?
37. What is the one thing about our conflict that you believe we will never be able to resolve — and why?
38. Have you ever considered leaving this marriage — and what kept you from going?

39. What would it take for you to look at me the way you did when we first fell in love?
40. Is there a dream you had for your life that this marriage has prevented you from pursuing — and have you ever told me?
41. What do you wish I had fought harder for in this marriage that I let go too easily?
42. How have you changed as a person since we married — and do you feel I have celebrated or resisted that change?
43. What does intimacy mean to you beyond the physical — and do you feel we have it?
44. If your closest friend described our marriage honestly, what do you think they would say?
45. What is one thing you have always wanted to do together that we have never made happen?
46. What would a marriage counselor say is the real issue between us — and do you agree?
47. If this marriage ended tomorrow, what would you most regret never having said or done?

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*These questions are designed to be approached with humility, honesty, and a genuine willingness to listen. The goal is not to win the conversation — it is to save the marriage.*

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