

## Reentry Conversation Starters: Building Bridges Without Pushing Too Hard

Sometimes after incarceration, talking feels hard—for everyone involved. These conversation starters are designed to open the door to connection without pressure, shame, or judgment. Use them slowly. One question at a time. Let your loved one lead the pace.

### ◇ Light and Easy

- What's something you're proud of this week?
- What music or show have you been enjoying lately?
- What kind of day helps you feel most at peace?
- Is there something small I can do to support you today?
- What helps you relax when you're feeling tense?

### ◇ Reconnecting Gently

- What's been the hardest thing to adjust to since coming home?
- What do you miss (if anything) about the structure or predictability of prison?
- What kind of support feels good to you—and what doesn't?
- When do you feel most misunderstood?
- What's one thing you wish I understood better about you right now?

### ◇ Looking Ahead

- What are you most hopeful about right now?
- What's something you want to work toward this month?
- What helps you feel like you're making progress—even if it's small?
- What kind of routines or habits do you want to build together?
- How can we celebrate the small wins together?