

Say It Now

Healing the Distance — 60

Conversations for Fathers, Sons and Daughters

A 60-card conversation game built around the real, research-backed pain points fathers and their sons or daughters carry, and the same lessons at the heart of *Dad in the Mirror*: that presence matters more than provision, that silence compounds instead of protecting, and that the cycle only breaks when someone decides to look honestly at it.

HOW TO PLAY

- Shuffle the deck. Take turns drawing a card.
- Read the prompt aloud and answer it honestly — the other person just listens first.
- Start with Breaking the Silence if things feel tense. Move to Say It Now when you're both ready.
- No card is mandatory. You can always draw again.
- There's no winning. The point is closing the distance, not the game.

PRINTING THIS DECK

- Print on card stock, US Letter, 3 cards × 3 rows per sheet.
- 7 sheets of fronts, 1 sheet of backs (reprint the back sheet 7 times).
- Duplex print, or print fronts and backs separately and glue back-to-back.
- Cut along the dashed lines for 2.5in × 3.5in cards (standard poker size).



Breaking the Silence · 16 cards



Beyond Provision · 15 cards



Say It Now · 15 cards



Rewriting the Pattern · 14 cards

BREAKING THE SILENCE

What's a topic we always avoid, and why do you think we avoid it?

SAY IT NOW

01/60

BREAKING THE SILENCE

When did our conversations start feeling more like updates than talks?

SAY IT NOW

02/60

BREAKING THE SILENCE

What's something about my life right now that you don't actually know?

SAY IT NOW

03/60

BREAKING THE SILENCE

Do you feel like you can ask me anything, or does it feel off-limits?

SAY IT NOW

04/60

BREAKING THE SILENCE

What's a question you've been afraid to ask me?

SAY IT NOW

05/60

BREAKING THE SILENCE

When I talk about my problems, do you feel like you have to fix them, or can you just listen?

SAY IT NOW

06/60

BREAKING THE SILENCE

What's a time you wanted to open up to me but didn't?

SAY IT NOW

07/60

BREAKING THE SILENCE

What's the wall between us made of, if you had to describe it?

SAY IT NOW

08/60

BREAKING THE SILENCE

Do you feel like I actually see you, or just the role you play in my life?

SAY IT NOW

09/60

BREAKING THE SILENCE

What's something you assume I already know about you, but have never actually said?

SAY IT NOW

10/60

BREAKING THE SILENCE

When was the last time we talked about something that scared you?

SAY IT NOW

11/60

BREAKING THE SILENCE

What's a subject you wish came up more naturally between us?

SAY IT NOW

12/60

BREAKING THE SILENCE

If you could change one thing about how we talk to each other, what would it be?

SAY IT NOW

13/60

BREAKING THE SILENCE

What's a small, consistent habit — not a grand gesture — that would actually make you feel closer to me?

SAY IT NOW

14/60

BREAKING THE SILENCE

If being physically present isn't the same as being emotionally present, where do you think we actually stand right now?

SAY IT NOW

15/60

BREAKING THE SILENCE

What's something you've stayed quiet about because it didn't feel “big enough” to bring up?

SAY IT NOW

16/60

BEYOND PROVISION

Do you think showing up looks the same as providing, or are they different things?

SAY IT NOW

17/60

BEYOND PROVISION

What's something I did for you that I assumed was “enough,” but wasn't?

SAY IT NOW

18/60

BEYOND PROVISION

What's a standard or expectation of mine you've felt the pressure of, spoken or not?

SAY IT NOW

19/60

BEYOND PROVISION

When have you felt like achievement mattered to me more than how you were actually doing?

SAY IT NOW

20/60

BEYOND PROVISION

What's something you were criticised for that you still carry today?

SAY IT NOW

21/60

BEYOND PROVISION

Do you feel like there's room for you to become your own person, separate from what I wanted?

SAY IT NOW

22/60

BEYOND PROVISION

What's a time being compared to someone else stuck with you?

SAY IT NOW

23/60

BEYOND PROVISION

What's a way I show love that isn't obvious unless someone points it out?

SAY IT NOW

24/60

BEYOND PROVISION

Do you feel safe telling me when something I did hurt you?

SAY IT NOW

25/60

BEYOND PROVISION

What's something you needed me to say out loud, instead of just assuming I felt it?

SAY IT NOW

26/60

BEYOND PROVISION

If I only ever gave you things, but never my full attention, would you tell me?

SAY IT NOW

27/60

BEYOND PROVISION

What's a moment you felt truly seen by me, not just provided for?

SAY IT NOW

28/60

BEYOND PROVISION

What's something about your own upbringing that you think explains part of how you show love?

SAY IT NOW

29/60

BEYOND PROVISION

Do you think you were taught that providing was the same as loving? Where do you think that idea came from?

SAY IT NOW

30/60

BEYOND PROVISION

What's a wound from your own childhood you think you've carried into how you parent, or relate to me?

SAY IT NOW

31/60

SAY IT NOW

Say one thing you're proud of me for that you've never said out loud.

SAY IT NOW

32/60

SAY IT NOW

Say something you're sorry for that's never been said.

SAY IT NOW

33/60

SAY IT NOW

Tell me one thing you forgive me for.

SAY IT NOW

34/60

SAY IT NOW

Tell me something you hope I forgive you for.

SAY IT NOW

35/60

SAY IT NOW

Finish this out loud: "I've always wanted to tell you..."

SAY IT NOW

36/60

SAY IT NOW

Say "I love you," and say one reason why, right now.

SAY IT NOW

37/60

SAY IT NOW

Tell me about a time I made you proud without knowing it.

SAY IT NOW

38/60

SAY IT NOW

Tell me one way you've noticed me change for the better.

SAY IT NOW

39/60

SAY IT NOW

Say the thing you'd want to say if this were our last conversation.

SAY IT NOW

40/60

SAY IT NOW

Tell me something you respect about who I've become.

SAY IT NOW

41/60

SAY IT NOW

Tell me one memory of us you still think about.

SAY IT NOW

42/60

SAY IT NOW

Say something true about how you feel about me, right now, out loud.

SAY IT NOW

43/60

SAY IT NOW

Tell me one thing you wish you'd said to your own father.

SAY IT NOW

44/60

SAY IT NOW

What's something you've never said because you were taught that saying it made you weak?

SAY IT NOW

45/60

SAY IT NOW

If you knew, for certain,
today was the only day left
to say it — what would you
say?

SAY IT NOW

46/60

REWRITING THE PATTERN

What's a pattern from your
own father you're actively
trying not to repeat?

SAY IT NOW

47/60

REWRITING THE PATTERN

What's something you do
differently with me than
your father did with you?

SAY IT NOW

48/60

REWRITING THE PATTERN

What's a habit in how we
talk to each other you'd like
us to change together?

SAY IT NOW

49/60

REWRITING THE PATTERN

What's one small thing we
could do this month to feel
closer?

SAY IT NOW

50/60

REWRITING THE PATTERN

What do you hope our
relationship looks like five
years from now?

SAY IT NOW

51/60

REWRITING THE PATTERN

What's a tradition or ritual
you want us to build
together?

SAY IT NOW

52/60

REWRITING THE PATTERN

What's something you want
the next generation of this
family to inherit from us?

SAY IT NOW

53/60

REWRITING THE PATTERN

What's a value you hope
carries on, even after we're
both gone?

SAY IT NOW

54/60

REWRITING THE PATTERN

What would it look like for you to ask for help from me, instead of the other way around?

SAY IT NOW

55/60

REWRITING THE PATTERN

What's one way I could support you better right now?

SAY IT NOW

56/60

REWRITING THE PATTERN

What's something you'd want to promise each other, starting today?

SAY IT NOW

57/60

REWRITING THE PATTERN

What's one thing you're proud we've already changed, together?

SAY IT NOW

58/60

REWRITING THE PATTERN

What's one thing you're doing on purpose, right now, so the next generation inherits something better than you got?

SAY IT NOW

59/60

REWRITING THE PATTERN

If you looked at yourself honestly today, what's one pattern you'd want to change before you pass it on?

SAY IT NOW

60/60

SAY IT
NOW

HEALING THE DISTANCE

SAY IT
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HEALING THE DISTANCE

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