



Couples Homework

Questions for Intrapersonal Development

Make three true *we* statements each. For instance, *We are both in this room feeling ...*

Complete this sentence: *I wish I had someone with whom I could share ...*

If you were going to become a close friend with your partner, please share what would be important for him or her to know.

Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.

Share with your partner an embarrassing moment in your life.

When did you last cry in front of another person? By yourself?

Tell your partner something that you like about them already.

What, if anything, is too serious to be joked about?

If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?

Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?

Of all the people in your family, whose death would you find most disturbing? Why?

Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.