

## How Well Do You Know Your Partner ?

1. Can I name my partner's current best friends?
2. Do I know what stresses my partner is currently facing?
3. Do I know some of my partner's life dreams?
4. Can I list the relatives my partner likes the least?
5. Do I know my partners favorite music?
6. Do I know the three most special times in my partner's life?
7. Can I tell you the most stressful thing that happened to my partner as a child?
8. Can I list my partners aspirations and hopes in life?
9. Do I know my partner's major worries?
10. Can I tell you in detail my first impressions of my partner?
11. Can I list my partner's three favorite movies ?
12. Can I name my partner's favorite color?
13. Can I name my partner's best friend in childhood?
14. Can I name my partners favorite holiday ?

15. Can I name my partner's favorite meal?
16. Do I know what my partner's ideal job is?
17. Can I name my partner's dream getaway place ?
18. Can I name what my partner is most sad about?
19. What is my partner's favorite sport or exercise?
20. What kind of present would my partner like best?
21. What is your partners favorite time of day for lovemaking?
22. Of all the people we both know, who does my partner like the least?
23. What is my partner's favorite desserts?
24. What is your partner's favorite restaurant?
25. What does your partner like to do most with time off?
26. What is your partner's favorite way of spending the evening together?
27. What are some of the important events coming up in your lives?

From "The Seven Principles for Making Marriage Work"  
by John M. Gottman

### Couples Communication Workshop

Couples Communication Workshop

Phone: 949-291-6715

Website: [www.couplesworkshop.us](http://www.couplesworkshop.us)

Email: [Info@Couplesworkshop.us](mailto:Info@Couplesworkshop.us)

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October 4,5, & 6, 2024