

## WORKSHEET 1 – KNOWING ME, KNOWING YOU

**Instruction: Take turns as you share your answers to each of these questions with your partner**

### Things about you

- What is your first memory in life?
- What did you respect most about your parents/ guardians and what did you struggle with as a child regarding family life?
- What do you enjoy most?
- What do you fear most?
- What is the best thing about your relationship?
- What do you most dislike about yourself?

### Things about your partner

- Where was your partner born?
- What does your partner fear most?
- What would your partner want to be doing in 5 years' time?
- What makes your partner most annoyed?
- What would your partner say is the best thing about your relationship?

**Remember:** When listening, make eye contact, do not interrupt and reflect back to your partner what you have heard.