

# FUN WAYS TO GET TO KNOW YOUR PARTNER

**How well do you know your partner? Use the questions below to assess how much attention you pay to your partner and how well you know them. If you struggle to answer more than 6 of the questions, consider ways to get to know your partner on a deeper level.**

- What music did they enjoy as a teen?
- What is their dream vacation?
- Is there a show or movie that they love?
- What, if anything, is your partner currently watching?
- What is their favorite book?
- Is there a specific person that has influenced their life in a major way?
- What upcoming events are they looking forward to?
- Do they enjoy their job?
- What is your partner's long-term goal?
- What about your relationship do they find most fulfilling?
- What are they most proud of?
- Who is their oldest friend?
- Who, aside from you, can your partner confide in?
- Does your partner view themselves as an introvert or extrovert?
- Who are your partner's friends at work?
- What is your partner's favorite way to relax?
- What does your partner want from life in the next 5 years?
- Does your partner consider themselves happy?
- What are the main feelings your partner experienced today?
- What are some things about you that your partner appreciates?
- What areas of their life would your partner like to improve? Or what areas are they currently working on improving?

**If you need support with your relationship, consider relationship counseling at Trust Mental Health. Our therapists are trained in the world-renowned Gottman Method.**

