



Questions for Your Partner

Ask the following questions and record his/her answers:

1. What is it like living with me?
2. What is the deepest hurt or frustration you experience living with me?
3. How do you try to protect yourself from me?
4. What do you need from me that I fail to give you?
5. What do you truly desire in our relationship?

Check out this [article](#) for further help: "How to Improve All of Your Relationships With Just 3 Questions" or find on our website hardinlife.com



Self-Partner Knowledge Inventory

The journey to a conscious relationship requires three kinds of information: knowledge about yourself, knowledge about your partner and knowledge about the process of becoming conscious. Through this workshop, in a variety of different ways, you will have had the opportunity to acquire all the information you need in all three areas. Now you can continue learning at home.

The self-partner knowledge inventory will increase your information about yourself and your partner. It consists of fifty incomplete sentences and instructions to use your completions of each sentence to write an essay on yourself and your partner.

Write

Do this writing assignment now. Do not share what you are writing with your partner and do not ask to see your partner's pages until instructed to do so. Do not consult with or help each other with any of the sentences.

Talk With Each Other

Take Turns!

Read your essay to your partner, and ask your partner to share his/her essay with you. You may also share the specific contents of any of the sentence completions.

The best way to make this an informative and constructive experience is as follows:

- One person reads his/her essay.
- The other listens and paraphrases back what the other is saying.
- Do not ask questions, except for the purpose of clarification.
- Do not comment on or criticize each other.

Self / Partner Knowledge Inventory

How well do you know your partner?

A. Work alone and complete the sentences below to explore your current knowledge of yourself and your partner. Begin with your knowledge of surface and external details.

My eyes are _____

Your eyes are _____

Height _____

Height _____

Weight _____

Weight _____

Shoe size _____

Shoe size _____

Ring size _____

Ring size _____

My favorites are: Food _____,
flower _____, place _____.
color _____, smell _____,
pastime/ recreation _____,
restaurant _____, book _____.

Your favorites are: Food _____,
flower _____, place _____.
color _____, smell _____,
pastime/ recreation _____,
restaurant _____, book _____.

B. Complete each sentence *quickly with your first thoughts*:

1. My goal in life is _____.

You think my goal in life is _____.

Your goal in life is _____.

2. The thing that gives me the most satisfaction is _____
_____.

You think I get most satisfaction from _____
_____.

The thing that gives you the most satisfaction is _____
_____.

3. My childhood was _____.

You think my childhood was _____.

Your childhood was _____.

4. I think sex is _____.

You think I think sex is _____.

You think sex is _____.

5. When we make love, I prefer _____.

When we make love, you think I prefer _____.

When we make love, you prefer _____.

6. My deepest fear is _____.

You think my deepest fear is _____.

Your deepest fear is _____.

7. My deepest need is _____.

You think my deepest need is _____.

Your deepest need is _____.

8. My most frequent feeling is _____.

You think my most frequent feeling is _____.

Your most frequent feeling is _____.

9. The thing I hate the most is _____.

You think the thing I hate the most is _____.

The thing you hate the most is _____.

10. I worry most about _____.

You think I worry most about _____.

You worry most about _____.

11. My goals for our marriage / relationship include _____.

_____.

You think my goals for our marriage / relationship include _____.

_____.

Your goals for our marriage / relationship include _____.

_____.

12. My reasons for marrying being in a relationship with you include _____.

_____.

You think my reasons for marrying being in a relationship with you include _____.

_____.

Your reasons for marrying being in a relationship with you include _____.

_____.

13. I think our marriage / relationship is _____.

_____.

You think I see our marriage / relationship is _____.

_____.

You think our marriage / relationship is _____.

_____.

14. I fantasize about _____.

You think I fantasize about _____.

You fantasize about _____.

15. I feel anger when _____.

You think I feel anger when _____.

You feel anger when _____.

16. Three things I want you to change are:

- _____
- _____
- _____

Three things you think I want you to change are:

- _____
- _____
- _____

Three things I think you want to change are:

- _____
- _____
- _____

17. I feel anger when _____

You think I feel anger when _____

You feel anger when _____

18. I think I am _____

You think I think I am _____

You think I am _____

19. My highest value is _____

You think my highest value is _____

Your highest value is _____

20. My most frequent pleasure is _____

You think my most frequent pleasure is _____

Your most frequent pleasure is _____

21. I am happiest when _____

You think I am happiest when _____

Your happiest when _____

22. To me, work is _____

You think work, to me, is _____

To you, work is _____

23. In general, I view life as _____

You think I view life as _____

In general, you view life as _____

24. To me, death _____

You think, to me, death _____

To you, death _____

25. In general, I think my strengths are _____

In general, you think my strengths are _____

In general, I think your strengths are _____

26. My weaknesses are _____.

_____.

My weaknesses, according to you, are _____.

_____.

I see your weaknesses as _____.

_____.

27. My view of money is _____.

You think my view of money is _____.

Your view of money is _____.

28. To me, children are _____.

You think children, to me, are _____.

To you, children are _____.

29. Your parents _____.

You think I think your parents _____.

You think your parents _____.

30. I think you _____.

You think I think you _____.

You think you _____.

31. My favorite vacation _____.

You think my favorite vacation _____.

Your favorite vacation _____.

32. I have most fun _____.

You think I have most fun _____.

You have most fun _____.

33. To me, fun _____.

You think, to me, fun _____.

To you, fun _____.

34. My favorite sport is _____.

You think my favorite sport is _____.

Your favorite sport is _____.

35. What disgusts me _____.

You think what disgusts me _____.

What disgusts you _____.

36. I think retirement _____.

You think I think retirement _____.

You think retirement _____.

37. I think holding _____.

You think I think holding _____.

You think holding _____.

38. I think touching _____.

You think I think touching _____.

You think touching _____.

39. For me, religion _____.

You think, for me, religion _____.

For you, religion _____.

40. For me, childrearing _____.

You think, for me, childrearing _____.

For you, childrearing _____.

41. I think God _____.

You think I think God _____.

You think God _____.

42. When I get sick, I want _____.

When I get sick, you think I want _____.

When I get sick, you want _____.

43. I think discipline _____.

You think I think discipline _____.

You think discipline _____.

44. When I die, I _____.

You think I think when I die, I _____.

When I die, you _____.

45. What hurts me most _____.

You think what hurts me most _____.

What hurts you most _____.

46. My parents _____.

You think I think my parents _____.

You think my parents _____.

47. I like sex when _____.

You think I like sex when _____.

You like sex when _____.

48. Politics are _____.

You think I think politics are _____.

You think politics are _____.

49. Orgasms are _____.

You think I think orgasms are _____.

You think orgasms are _____.

50. The worst think in life _____.

You think I think the worst thing in life _____.

For you, the worst thing in life _____.

51. The best think in life _____.

You think I think the best thing in life _____.

For you, the best thing in life _____.

C. Wait for your partner to complete this exercise. When you have both finished, share the information contained in sentences 1-50 with your partner.

D. You may find it interesting to take this information and write an essay. The essay would have five parts:

- 1) My experience, thoughts, perceptions
- 2) My view of your view of me
- 3) My view of you
- 4) Your view of me
- 5) Your perception of my view of you

E. After you complete your essay share it with your partner and ask your partner to share his / hers with you.