

How Did You Meet Your Partner?

How did you first meet your partner?

Aside from looks, what did you find most attractive about him/her?

What personal qualities did you most admire about him/ her?

What did you enjoy doing together?

What did your partner do that made those times enjoyable?

Describe one of the most enjoyable days you've ever spent together. Where were you? What did you do? How did you interact? What sort of things did you say and do to each other? How was your body language?

What do you miss most about the early days of your relationship?

What do you see as your partner's greatest strengths, best personal qualities?

On Reflection:

Can you contact any sense of warmth or appreciation for your partner? Or do you merely see him as a burden, an obstacle, a hassle?

What happens when you take time to reflect on her strengths and positive qualities? Do you see her at all differently?

Do you find it hard to acknowledge his positive attributes because you are so focused on his flaws and weaknesses?