

## Getting to Know Your Partner

There are many things we can do to increase a sense of attachment security. One way is to learn more about our partner, sharing details to improve closeness and strengthen bonds.

Use the following worksheet to get to know your partner better.

Name your top five dinner dates (famous people or friends, dead or alive):


Describe how your perfect day might look:

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Name the place or time you would most like to visit:

What three things do you have in common?

What is your greatest achievement?

Name five positive traits about your partner:

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Name three things your partner does that you most admire:

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Describe your most embarrassing moment:

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When did you last cry? Why?

What problem would you most like help with from your partner?

Sharing your answers to the above questions will help you become more secure in your relationship by forming deeper connections and understandings.

Dr. Jeremy Sutton