



Getting to Know You
A fun workbook for couples

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**The Lord, peerless is He,
hath made woman and man
to abide with each other in the closest companionship,
and to be even as a single soul.
They are two helpmates, two intimate friends,
who should be concerned about the welfare of each other.
If they live thus, they will pass through this world
with perfect contentment, bliss, and peace of heart,
and become the object of divine grace and favor
in the Kingdom of heaven.**

...

**Strive, then, to abide, heart and soul,
with each other as two doves in the nest,
for this is to be blessed in both worlds.**

– Selections from the Writings of ‘Abdu’l-Baha, #92

This workbook is the result of a project that we started on our 10th anniversary holiday, and then largely forgot about until we took it out again ten years later during our 20th anniversary getaway. It began as a fun exercise for the purpose of celebrating and appreciating our time together, and as a way of thinking about what we wanted to do in the future. And as we enjoyed the process of asking each other these questions, we thought others might also find them fun and useful and so decided to share it with whoever might be interested. The questions are intended to be explored together as a couple in a light and happy spirit (ideally on a picnic, on a dinner date or over coffee at your favorite café). Please ask each other the questions and give your partner time to answer. There is no particular significance to the order of the questions so feel free to pick and choose, jump around and answer or skip questions as you wish. We hope that you enjoy the process and find yourselves closer when you put it down than when you picked it up.

Tarry & Erika

1. Personal Development

1. What do you want to accomplish during the coming year?
2. List three things you want to do for others.
3. What do you want to do that you are not currently doing? What do you need to do to accomplish this?
4. What do you think you need to work on most as an individual?
5. What do you think I need to work on most as an individual?
6. How have you developed since we met?
7. How do you think I have developed since we met?
8. What are you happiest about in your life?
9. What is your greatest fear in life?
10. What virtues or qualities do you think you need to work on?
11. What skills do you want to develop?
12. What is your passion in life?
13. What have you done that you are most proud of?
14. What are your strengths and natural abilities?
15. What gives you the most joy/satisfaction in life?
16. Think of three qualities you admire in others and explain why?
17. Who are three historical figures that you would like to have a conversation with and what would you talk about?
18. If you could take a course on any subject, what would it be?
19. How have you learned from mistakes you have made in your life?

Activities

1. Write your own obituary as you would like it to be.
2. Write a systematic list of your goals for the coming year in priority and specifically how you want to accomplish them.
3. Make a five-year plan for your personal development.

2. Our Relationship

1. What do you envision our relationship to look like in ten years?
2. What aspect of our relationship are you happiest about?
3. What have been your happiest moments in our relationship?
4. What do you want to do as a couple that you are not currently doing?
5. What do you feel we need to work on most as a couple?
6. What do you want to accomplish as a couple in the next five years?
7. List your favorite anniversaries and what was special about them?
8. Name three things that your partner has done for you that you enjoyed?
9. What has been your highlight in our time together?
10. What would you like me to do for you everyday?
11. What virtues/qualities define our relationship?
12. What qualities were you first attracted to in your partner?
13. How has our relationship enabled you to grow?
14. What was the kindest thing that your partner has ever done for you?
15. What is the most precious gift your partner has given you?
16. How do you like to receive love? (For example, does it mean more to you to receive a gift, a kiss, loving words or acts of service).
17. When and how did you first realize that you were falling in love with your partner?
18. When you have an argument with your partner, what do you need from him/her in order to feel connected again?
19. What has been the greatest challenge in our relationship? What steps do we need in order to overcome this challenge?
20. What are the strengths in our relationship?
21. What are three things in our relationship that you would like to do differently in the future?
22. Are you comfortable speaking directly and openly about your needs and feelings or do you prefer to be indirect and subtle hoping your partner will understand?
23. What three qualities in your partner do you most admire?

Activities

1. Revisit a place that is special for you and have a date/picnic there.
2. Discuss specifically how you want your love tank needs to be met (refer to the book ‘The Five Love Languages’)? For example do you like: quality time, gifts, physical touch, acts of service or words of affirmation.
3. Write a poem/song for your partner.
4. Plan something special for your next anniversary.
5. List three things that you would like to do together for fun as a couple.

3. Religion and Spirituality

1. Do you believe in God or a Higher Power?
2. Do you believe in an after life? If so, describe what you think it might be like.
3. What kind of religious education did you receive growing up?
4. Have you ever read the Sacred Scriptures of a religion other than the one you were raised in?
5. Do you think it is important to follow a religion in order to be a good person?
6. What is the purpose of life?
7. What spiritual practices do you regularly observe?
8. Do you believe in prayer? If so, how do you practice prayer?
9. Do you think that people are fundamentally good, bad or both?
10. What are your views on evolution and creation?
11. What are your views on the role of religion in education?
12. Have you ever practiced meditation? If so, how do you meditate?
13. Do you consider it important to raise children in a particular religious tradition?
14. Have you ever had any significant or prophetic dreams? If so, describe.
15. Have you ever had any unusual spiritual experiences?
16. Do you think it is important to follow the same spiritual tradition as your partner?
17. If you and your partner have different religious beliefs, how do you make decisions with respect to religious issues?
18. Is there a religious holiday that has a significant meaning for you? If so, what is it?
19. Do you have a favorite prayer or quotation that inspires you?
20. If you knew you had one more year to live, what would you do differently?

Activities

1. Attend a religious service or activity together.
2. Read together a book about spirituality and discuss it.
3. Spend some part of every day meditating and thinking about how you can improve yourself.
4. Together with your partner, memorize and discuss a quotation that inspires you both.
5. Pray together.
6. Volunteer together at a local charity.
7. Write a gratitude list of five things you are grateful for about your spouse.

4. Family and Children

1. How many children do you want?
2. What are your hopes and expectations for your children?
3. What are your views on discipline and child rearing?
4. Were your parents strict or lenient when they raised you?
5. What are our children's strengths?
6. What areas or qualities do they need to develop? What steps can we take to help them develop those qualities they need?
7. How are we raising our children to have strong moral characters?
8. How important to you is the spiritual education of our children?
9. Do you feel it is important to know and monitor the friends that our children play with?
10. Are there any special rituals/traditions that we would like to follow in our family?
11. How important to you is your relationship with your extended family?
12. Which members of your nuclear family were you closest to growing up?
13. Which members of your extended family were you closest to growing up?
14. Which members of your extended family are you closest to now?
15. How would you describe your relationship with your parents?
16. How would you describe your relationship with your children?
17. If there would be one thing you could do to improve your family dynamics, what would it be?
18. What is your earliest memory as a child?
19. What was your favorite family activity as a child?
20. What is your favorite family activity as an adult?

Activities

1. Designate an evening per week for the family to do something special (go out for dinner, play games, watch videos, share highlights of the week, etc.).
2. Hold a family meeting once a week and give each member of the family a role to play (chairperson, timer, secretary)
3. Come up with 3-5 family rules or guidelines in consultation with each member of the family.
4. Write a family mission statement.

5. Physical Intimacy

1. What is your most romantic memory with your partner?
2. How did you feel when you first met your partner?
3. Are you satisfied with your sex life?
4. What can you do to spice up your romance?
5. How important an element of your marriage do you consider sex to be?
6. What is your favorite form of intimacy with your partner other than sex?
7. How do you communicate to your partner that you are in the mood for sex?
8. Do you like receiving massages? Do you like giving massages?
9. What form of physical touch do you enjoy?
10. What would an ideal evening with your partner look like?
11. Would you describe your love-life as VSOP (very special one pattern) or wild and adventurous?
12. Do you like holding hands?
13. Do you like to experiment?
14. Are you comfortable with public displays of affection?
15. Are you comfortable being affectionate as a couple in front of your children?
16. Is there any way you would like to improve the physical intimacy in your marriage?
17. How important to you is physical touch as an expression of your partner's love?
18. If there is one thing you could do to improve your physical intimacy, what would it be?

Activities

1. Dedicate a lunch or dinner with your partner once a week.
2. Plan to spend 5-10 minutes every day catching up with your partner.
3. Give your partner a surprise massage when he/she is least expecting it.
4. Go for a walk with your spouse.
5. Surprise your spouse with breakfast in bed.
6. Take your spouse out for a romantic evening away from home.

6. Just For Fun

1. What hobbies did you have as a child? Do you still have the same hobbies?
2. Name a hobby that you would like to develop.
3. Which is your favorite sport?
4. Do you like engaging in sports with your partner?
5. If you were to surprise your partner with a fun activity what would it be?
6. What are your three favorite movies?
7. Describe your ideal night out with your partner?
8. What has been the most fun and memorable evening you have had with your partner?
9. What has been your most adventurous, fun and memorable holiday together?
10. Do you like going to new places or revisiting old favorites?
11. What is your favorite restaurant to go to as a couple.
12. If you had a free day to spend together, what would you do?
13. Name three favorite activities you enjoy as a couple?
14. Do you like playing cards together? What's your favorite game?
15. What kind of a party would you want your partner to throw for you?
16. When traveling, what kinds of activities do you enjoy together?
17. If you were to take a dance class, what style of dance class would you want to take?
18. Have you become more fun as you age or more serious?
19. What kind of concerts do you enjoy going to?

Activities

1. Go for a bike ride together.
2. Have a picnic together.
3. Bake or cook together.
4. Play a board game.
5. Plan a day trip together to a place you have never been before.
6. Visit a park.
7. Go site-seeing to any local places you haven't been to.
8. Go to a café and share a favorite dessert.
9. Watch a movie.

7. Arts

1. What is your favorite book?
2. What kind of an exhibition would you enjoy seeing?
3. If you had the opportunity, which artist/writer/musician would you like to have a conversation with?
4. Who is your favorite artist?
5. If you could start playing an instrument, which one would you choose?
6. Who is your favorite composer?
7. Do you and your partner enjoy going to museums together?
8. Who is your favorite vocalist?
9. What style of music is your favorite?
10. Which is your all-time favorite song?
11. If you had to choose a dance to learn, which style of dance would it be?
12. Do you like to paint?
13. Have you taken any painting classes?
14. Do you have a hidden talent that you haven't developed that you would like to strengthen?
15. What is your favorite movie?
16. If you could play a character in a play, what kind of character would you choose?
17. Do you like opera? If so, which is your favorite opera?
18. What kind of a concert would you enjoy going to see?

Activities

1. Take a dance class together.
2. Read and discuss a favorite book together.
3. Go to a concert together.
4. Take an arts workshop (eg. a pottery class) together.
5. Paint or draw a picture that depicts our relationship.
6. Research current exhibits at your local museum and make a date to go together.

8. Work/Career

1. What do you see yourself doing in 10 years?
2. Name three things you enjoy about your work?
3. What are you most passionate about in life?
4. Do you feel you have a calling in life?
5. What is your idea of success?
6. If you could choose any career, what would it be?
7. List three things that you have learned from your current or previous jobs?
8. Describe your ideal work environment.
9. Do you prefer working in groups or individually?
10. What has been the most rewarding experience at work?
11. What has been the most challenging experience and how have you learned from that?
12. Do you consider yourself to be a workaholic?
13. How important to you is making a lot of money?
14. Would you be willing to give up a high paying job in order to pursue your dreams?
15. Would you rather have a stable, secure job or an exciting but insecure one?
16. As a parent, would you stay at home full-time if you have a child?
17. Do you prefer an indoor job or an outdoor job?
18. Are you able to keep a balance between your career and family life?
19. What would you like to do when you retire?
20. What age do you expect to retire?
21. If you won the lottery tomorrow, what would you do?
22. Are you happy with your current career?

Activities

1. Read a book together about work/life balance.
2. Describe to your spouse your ideal job.

9. Family Finances

1. Do you have a family budget?
2. Do you think it's better to have separate or joint bank accounts?
3. Do you have an emergency fund if either of loses our job?
4. Do you have life insurance?
5. Do you think both spouses should work or should one support the other financially?
6. Do you regularly consult about your finances together?
7. Are you aware of your spending habits?
8. Do you like to spend money freely or do you prefer to save for the future?
9. How comfortable are you talking about money and family finances?
10. Do you have an education fund for your children's college tuition?
11. Do you have a retirement fund?
12. How important is it to you to contribute to charity or religious funds?
13. If you have surplus money, what would you do with it (for example: spend it, invest in stocks, invest in property, put it in the bank etc)?
14. Are you happy with the state of your family finances at present?
15. Are you content to live within your means or do you tend to spend more than you make?
16. Do you have a will?
17. How do you plan on educating your children about money?

Activities

1. Consult together about family finances and make a budget.
2. Discuss how much you would like to contribute to worthy causes.
3. Read a book or attend a class together about family financial planning.
4. Make/update your will.

Recommended Resources

1. [The 5 Love Languages](#): The Secret to Love That Lasts by Gary D. Chapman
2. [Getting the Love You Want](#): A Guide for Couples by Harville Hendrix
3. [The Seven Principles for Making Marriage Work](#): A Practical Guide from the Country's Foremost Relationship Expert by John M. Gottman
4. [Marriage Can Be forever](#) – Preparation Counts! By Susanne M. Alexander and Johanna Merritt Wu
5. [Love & Respect](#): The Love She Most Desires; The Respect He Desperately Needs by Emerson Eggerichs
6. [How to Improve Your Marriage Without Talking About It](#) by Steven Stosny and Patricia Edd Love
7. [Birds of Love Gift Set](#): Inspiring quotations & music on the theme of love and marriage bound in gold silk fabric by Elika Mahony
8. [The 5 Love Languages Quiz](#): Discover your love language
9. [Pure Gold](#): Encouraging Character Qualities in Marriage by Susanne M. Alexander, Craig A. Farnsworth, John S. Miller
10. <http://wilmetteinstitute.org/ourcourses/upcoming/marriage/>: Online courses for marriage preparation and for strengthening marriage.

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