

# *This is me...*

No more assuming – it's time to know for sure. Plan a time (or event better a date night) when you and your spouse can focus on getting to know each other better. Print 2 copies of this questionnaire so each of you can fill one out. This is a time to learn more about your spouse and their likes/dislikes. You can fill them out separately and share them or ask your spouse the questions to prompt more communication. Go into this activity with an open mind and be honest when answering the questions. This isn't about fitting in, it's about celebrating who you are as individuals, knowing this will make you stronger as a couple.

What is your favorite color? \_\_\_\_\_

What is your favorite movie and/or TV show? \_\_\_\_\_

What is your favorite genre' of music, artist, or band? \_\_\_\_\_

What is your favorite meal? \_\_\_\_\_

What is your favorite dessert? \_\_\_\_\_

What is your favorite snack or candy? \_\_\_\_\_

What is your favorite restaurant? \_\_\_\_\_

What's your idea of a fun date night? \_\_\_\_\_

What is your favorite board game? \_\_\_\_\_

What is your favorite flower? \_\_\_\_\_

What is your favorite song? \_\_\_\_\_

What is your favorite perfume/cologne? (for you & your spouse)

\_\_\_\_\_

What is your sexiest feature? \_\_\_\_\_

What is your spouse's sexiest feature? \_\_\_\_\_

What is your favorite thing to do on days off? \_\_\_\_\_

Do you like to go to the movie theatre?    Yes    No

Do you like plays or live shows?    Yes    No

Do you like to attend music concerts/festivals?    Yes    No

Interest in sports?    1    2    3    4    5    6    7    8    9    10

Favorite sport(s)? \_\_\_\_\_

Do you like to attend sporting events/games?    Yes    No

Do you like to read?    Yes    No

Books or magazines? \_\_\_\_\_

What is your favorite book/magazine? \_\_\_\_\_

What can your spouse do to better show their appreciation?

\_\_\_\_\_

Do you prefer to **get** back rubs or foot rubs? \_\_\_\_\_

Do you prefer to **give** back rubs or foot rubs? \_\_\_\_\_

Do you prefer a peck or a french kiss? \_\_\_\_\_

What is your favorite act of foreplay? \_\_\_\_\_

What is your favorite sexual position? \_\_\_\_\_

How often would you like to have sex? \_\_\_\_\_

What is your favorite outfit on your spouse? \_\_\_\_\_

Are you an early bird or a night owl? \_\_\_\_\_

Do you like coffee or tea? \_\_\_\_\_

What is your favorite drink? \_\_\_\_\_

Are you happy with your health? \_\_\_\_\_

Do you work out?    Yes    No

What are your health and fitness goals?

\_\_\_\_\_

Do you like to travel?    Yes    No

What is your favorite mode of transportation when traveling? \_\_\_\_\_

When flying do you prefer a window or isle seat? \_\_\_\_\_

List 3 places you'd like to travel:

\_\_\_\_\_

\_\_\_\_\_

List 3 things that are on your bucket list?

\_\_\_\_\_

\_\_\_\_\_

Is there something you miss that you used to do with your spouse?

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What is the one thing you wish your spouse would do that they don't?

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How do you show your spouse that you love them?

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Do you know your love language?    Yes    No

Do you know your spouses love language?    Yes    No

Are you stressed out more often than not? \_\_\_\_\_

Do you like your job? \_\_\_\_\_

Do you focus more on the negatives of life or positives? \_\_\_\_\_

What is your biggest accomplishment? \_\_\_\_\_

What is your biggest regret? \_\_\_\_\_

What is your deepest fear? \_\_\_\_\_

What inspires you to be a better person? \_\_\_\_\_

Use the space below to write a few questions that might help you get to know your spouse better or them get to know you...