

Getting to know each other's world

Set aside 15-20 minutes without interruption (turn off phones, TV etc). Taking it in turns, choose a question about yourself to ask your partner. When it's your turn to ask it's best not to try to catch out your partner – have a sense of curiosity. If your partner doesn't know the answer, or after they've answered there's something you'd like to add, tell them – educate, don't criticise. You don't have to ask each other the same questions. Ask each other three questions at most each time you do this exercise.

1. Who are my two closest friends and why?
2. Where was I born and brought up?
3. What is my favourite piece of music, band or instrument?
4. What is my biggest stress at the moment, apart from our relationship?
5. What was I wearing when we first met?
6. What did I do during the day yesterday?
7. What are my favourite hobbies?
8. When is my birthday?
9. What date is our anniversary?
10. What is the worst thing I can imagine happening to me?
11. Who is my favourite relative?
12. What is my favourite time and place for making love?
13. What is my fondest dream, as yet unachieved?
14. What makes me feel most competent?
15. What is my favourite flower, plant or tree?
16. What is one thing that turns me on sexually?
17. What is my favourite meal?
18. What kind of present would I like best?
19. What is my favourite way to spend an evening?
20. What was one of my best childhood experiences?
21. What is my favourite colour?
22. What was my favourite holiday that the two of us have been on?
23. What personal improvements do I want to make?
24. What is one of my favourite ways of being soothed?
25. Who is my greatest source of support, outside of our relationship?
26. What is one of my favourite weekend activities?
27. What is my favourite sport to watch?
28. What is my favourite place to get away from it all?
29. What is my favourite sport to play?
30. What is one of my favourite films or TV programmes?
31. What do I most like to do with time off?
32. What is an important event that's coming up in my life and how do I feel about it?

33. What is my favourite form of exercise?
34. Who is a major rival or enemy of mine?
35. What is my favourite scent, smell or perfume?
36. What would be my ideal job?
37. Who was my best friend in childhood?
38. What is my biggest fear?
39. What is one of my favourite magazines or newspapers?
40. Who is my least favourite relative?
41. What is my favourite kind of holiday?
42. Which is my favourite side of the bed?
43. What is my favourite time of year and why?
44. What am I currently most sad about?
45. What am I reading at the moment and how am I enjoying it?
46. What am I currently most worried about, apart from our relationship?
47. What is my favourite book or story from childhood?
48. What medical problems do I worry about?
49. What was one of my worst childhood experiences?
50. Who are the public figures that I most envy, resent or dislike?
51. Who are the people I know that I most admire?
52. Who is my least favourite person that we both know?
53. Who are the people I know that I most envy?
54. What is one of my favourite desserts?
55. Who are the public figures that I most admire?
56. What is my favourite photo, painting or other work of art?
57. What is my favourite restaurant?
58. What is my favourite type of animal?
59. What is my secret dream or ambition?
60. What pets did I have as a child?
61. What foods do I dislike intensely?
62. When I was a child, what did I want to be when I grew up?
63. What is my favourite song?
64. Who would I most want to be cast away with on a desert island (apart from you)?
65. What is the loss or bereavement that has had the biggest impact on me?
66. What do I most like about myself?
67. What do I hope to be doing in five years time?
68. Which part of my body am I most sensitive about or unhappy with?
69. Where do I want to go on our next holiday?
70. What did I most like about you when we first met?
71. What do I most like, admire or respect about you?
72. What do I think is your best feature?