

Are You Listening?

Communication is a large part of building intimacy and a healthy relationship. By giving honest answers to the questions below, you and your partner can get a sense of how well you communicate. Print two copies of this worksheet: one for you, and one for your partner. You and your partner answer the questions separately by circling true or false. Use the bottom 5 blanks to write your own questions. Once complete, switch quizzes with your partner and talk about the answers. If the answer is incorrect mark with an x.

1. I can name my partner's best friend. T____F
2. I know my partner's favorite musician/band. T____F
3. I can list my partner's 3 favorite movies. T____F
4. I can list my partner's current stresses. T____F
5. I know the names of my partner's work colleagues. T____F
6. I know my partner's favorite color. T____F
7. I know my partner's religious beliefs and ideas. T____F
8. I know the best gift my partner received as a child. T____F
9. I know my partner's favorite meal. T____F
10. I can list 3 destinations where my partner wants to go on vacation. T____F
11. I can tell you in detail about the first time we met. T____F
12. I know my partner's favorite beverage. T____F
13. I know what body part my partner is most self conscious about. T____F
14. I can name 2 things on my partner's bucket list. T____F
15. I can name one person that had a positive influence on my partner's life. T____F
16. I know which hobby my partner wishes they had time for. T____F
17. I can tell you my partner's most sentimental possession. T____F
18. I can list the names of relatives that my partner likes least. T____F
19. I can list my partner's 3 favorite dates we have ever been on. T____F
20. I know my partner's top 3 favorite T.V. shows. T____F
21. I know what helps my partner calm down when stressed. T____F
22. I know how my partner takes their coffee. T____F
23. I can name my partner's first celebrity crush. T____F
24. I know my partner's dreams and goals. T____F
25. I can name the habit that I have that irritates my partner the most. T____F
26. _____ T____F
27. _____ T____F
28. _____ T____F
29. _____ T____F
30. _____ T____F