

Things I Know About Myself

Part One: Self-Knowledge Worksheet *Chapter 3: The Person I Have Come to Be*

Complete this worksheet on your own before sharing with your partner. Be as honest as possible - this is for your benefit and the health of your future marriage. Take your time with each question and reflect deeply before answering.

My Parents' Influence on Me

- 1.** The best qualities of my mother which I can see in myself are:

- 2.** The limitations of my mother which I can see in myself are:

- 3.** The best qualities of my father which I can see in myself are:

- 4.** The limitations of my father which I can see in myself are:

Formative Events & Family Dynamics

5. Three important events which happened in my family when I was growing up:

How each of these affected my life:

- 1)

- 2)

- 3)

6. The financial situation of my family while I was growing up affected me in this way:

7. The way my parents dealt with one another affected me in this way:

8. My family treated me this way, and this affected me in this way:

My Personality & Approach to Life

9. The way I would describe my personality is:

10. The most important thing I have learned about how to relate to other people is:

11. The biggest change that I think will happen to me when we marry is:

12. My approach to solving problems is:

My Strongest Convictions

13. My strongest conviction or belief about each of the following is:

Job/career:

Use of money:

Friends:

Telling the truth:

Dealing with problems:

Meaning of sexual intercourse:

Use of alcohol:

Prayer:

Use of drugs:

Sunday worship:

Fidelity to loved one:

Making decisions in a love relationship:

Role of a man in a love relationship:

Role of a woman in a love relationship:

Authority in a marriage:

Personal Preferences & Challenges

14. My favorite food is:

15. My favorite form of recreation is:

16. The issue that is likely to give us difficulty in our marriage is:

17. I will deal with this difficulty by:

18. I am different from my partner in that:

Next Steps:

After completing this worksheet, complete Part Two: About My Partner. Then exchange worksheets with your partner and discuss what you've learned about each other. Pay special attention to any surprises or differences in perception.