

Making Marriages Work Knowing Questionnaire

1. Name two of my closest friends.
2. What is my favorite musical group, composer or instrument?
3. What was I wearing when we first met?
4. Name one of my hobbies.
5. Where was I born?
6. What stresses am I facing today?
7. Describe in some detail what I did today or yesterday.
8. When is my birthday?
9. What is the date of our anniversary?
10. Who is my favorite relative?
11. What is my fondest unrealized dream?
12. What is my favorite website?
13. What is one of my greatest fears for disaster scenarios?
14. What makes me feel most competent?
15. What is my favorite meal?
16. What is my favorite way to spend an evening?
17. What is my favorite color?
18. What personal improvements do I want to make in my life?
19. What kind of present would I like best?
20. What was one of my favorite childhood experiences?
21. What was my favorite vacation?
22. What is one of my favorite ways to relax?
23. Who is my greatest source of support other than you?
24. What is my favorite sport?
25. What do I most like to do on my time off?
26. What is one of my favorite weekend activities?
27. What is my dream getaway?
28. What is my favorite movie?
29. Who was my best friend in childhood?
30. Who is my closest relative?

All questions taken from *The Seven Principles for Making Marriage Work* by John Gottman, PhD.