



# KNOW



## Getting to Know Your Partner Well

### Why is Know Important?

Know is about understanding your partner and sharing details about yourself with each other. This type of shared knowledge will help you to create and maintain a stable, healthy relationship. Just like in friendship, we must work hard to really know our partner. No one stays the same – we are changing all the time! Over time, our circumstances, stressors, and environment changes. The passing of time makes us change too.



### Intimacy = “In-to-me-you-see”

Continue to get to know each other even after you’ve dated and been together for a while. If we do not stay tuned in, we can get out-of-date with our partner. It’s also important for us to understand ourselves as we change over time. Being open and honest with each other requires being responsive and accepting.

When your partner tries to connect with you, use that moment as a chance to feed the relationship. For example, if one partner says: “Wow that sure is a beautiful sunset out there,” the other partner has three choices as to how to respond.

- *Turning toward* – “Wow, let’s go outside and look at it!”
- *Turning away* – Ignoring the partner’s comment or continuing with something else.
- *Turning against* – “Can’t you see I’m busy right now? Why do you always interrupt me?”

Can you guess which one connects and promotes “in-to-me-you-see”?



### How well do you know your partner?

- *What does your partner like to do for fun?*
- *What is your partner’s family like?*
- *What kind of food does your partner like to eat?*
- *Where does your partner like to spend his or her holidays?*
- *What does your partner like better - texting, emailing, or talking on the phone?*
- *What is your partner’s greatest fear?*
- *What kind of job would your partner like?*
- *What are your partner’s dreams for the future?*

To get to know each other you need to spend time together. Take time away from the dishes, the laundry, work, and other obligations. Spend time talking!

## What to Know: The 10 Ps

Here is a list of things to know about a partner in the beginning stages of a relationship or even before you start dating. Check the ones you don't know and ask your partner about them.

- *Personality* – What are your partner's qualities and characteristics?
- *Passions* – What are his or her interests? What does your partner really care about?
- *Plans and Priorities* – What are your partner's hopes and dreams for life? Where does s/he plan to be in ten years?
- *Previous Partners* – What do you know about your partner's past relationships and experiences within those relationships.
- *Perspective Taking* – How good is your partner at seeing things from someone else's point of view? Does it come naturally? Does s/he focus on the positives or dwell on the negatives?
- *Problem Solving* – How does your partner manage conflict and disagreement?
- *Past Family Experiences* – What are your partner's relationships with family members like? How similar or different does your partner expect your relationship to be?
- *Physical/Psychological Health* – How is your partner feeling today?
- *Parenting Experience and Approach* – Does your partner want kids? What type of parent would s/he like to be? How well does your partner interact with kids?
- *Provider Potential* – What does your partner do to earn money? How does your partner manage money? Is s/he a spender or saver?



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