



All About Me


This exercise aims to help you teach your partner more about you.

Instructions

Step 1: Answer the questions below about yourself. Once both have finished, hand over the paper.

Step 2: Read and reflect on your own. Use this space to read over your responses. Hold the conversation until step 3.

Step 3: Explore the questions together.

- When I read over your responses I felt?
 - This activity made me feel?
 - This activity taught me (X) about you.
 - One new thing I learned about you is?
- 



All About Me

PARTNER A



- I feel disappointed when

.....

- My best friend is

.....

- My role models are

.....

- My values in last 5-10 years have changed from

.....

- I feel most beautiful

.....

- I am afraid of

.....





All About Me

PARTNER B



- I feel disappointed when

.....

- My best friend is

.....

- My role models are

.....

- My values in last 5-10 years have changed from

.....

- I feel most beautiful

.....

- I am afraid of

.....

