

BIOGRAPHY - SINGLE OR COUPLE

GETTING TO KNOW YOURSELF AND YOUR PARTNER

This is an exercise in getting to know yourself and/or your partner. This is done as an information and data gathering exercise. It is done without judgement, without fighting, being honest, open, and willing to disclose yourself fully.

Without accurate information about ourselves and our partners **WE** are left to make our decisions based on our assumptions, our projections, our feelings, our attitudes, our prejudice, our bias, our fears, our anger, our hurt our,...

Without accurate information about ourselves and our partners **THEY** are left to make their decisions based on their assumptions, their projections, their feelings, their attitudes, their prejudice, their bias, their fears, their ...

This exercise is done over time. Get a notebook, EACH, sit down and begin to interview each other, or yourself. Ask questions for information or to clarify an answer. **DO NOT ARGUE WITH YOUR PARTNER ! !. IT DOES NOT MATTER WHETHER YOU LIKE OR AGREE WITH WHAT YOU HEAR ABOUT THEM. WRITE IT DOWN - ASK QUESTIONS FOR INFORMATION OR TO CLARIFY AN ANSWER ONLY! NO ARGUMENTS ABOUT FACTS OR DATA !**

1. Begin with the basics, where were you born, what were the circumstances of your birth; what was early family like.
2. How did your parents deal with MAD-SAD-GLAD-SCARED?-(their's and your's). How did your parents deal with "Fair". How did your parents deal with distribution of the 4 good things that people can share--Time, Love, Information, Wealth?
3. Did parents treat everybody the same or did they treat the children differently? Was that fair or unfair. How? Why? With whom? When?
4. There are 2 primary problems in childhood. Errors of omission and errors of commission.

What was included that was harmful to you in your childhood?
What was left out that was harmful to you in your childhood?

What was included that was useful to you in your childhood?
What was left out that was useful to you in your childhood?
5. Did your parents drink / use drugs? How much ? When ? How ? Why ? Do you?
6. Were your parents violent / abusive? How much ? When ? How ? Why ? Are you?
7. What subjects were off limits to talk about? Mad-Sad-Glad-Scared? Sex? Money? Religion? Politics? Challenging Authority?
8. What would happen if you or another brought these subjects up to them?
9. Where did you grow up? Did you move? What friends did you have?
10. Where did you go to school? How was that for you? Why? How?
11. What did you do to earn money? When did you start? How has that been for you?
12. Did your parents take care of each other well? Dignity? Respect? Nurturing? How do you care for other people, well? Dignity? Respect? Nurturing? Really?



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**