

Sharing Things As A Couple

When couples are going through a difficult time, they often concentrate on their differences rather than on the things they have in common and the activities they like to share. This worksheet can help focus you on the things you enjoy about your relationship. Talking about the things you have in common may bring you closer and the worksheet may also give you some ideas of things you want to do together more often. You can fill out this worksheet together or make a copy and fill it out separately, then comparing your answers. If some statements don't apply, just skip them.

Music we both like.

- 1 _____
- 2 _____
3. _____

Hobbies we both like.

- 1 _____
- 2 _____
3. _____

TV shows we both watch.

- 1 _____
- 2 _____
3. _____

Values we share.

- 1 _____
- 2 _____
3. _____

Goals for the future we share.

- 1 _____
- 2 _____
3. _____

Friends and/or family we both enjoy.

- 1 _____
- 2 _____
3. _____

Restaurants we like.

1 _____

2 _____

3. _____

Unique interests we share.

1 _____

2 _____

3. _____

Games we both like to play.

1 _____

2 _____

3. _____

Outdoor activities we both like.

1 _____

2 _____

3. _____

Restaurants we both enjoy.

1 _____

2 _____

3. _____

Other things we have in common.

1 _____

2 _____

3. _____

Other things we have in common.

1 _____

2 _____

3. _____