



**EXERCISE: What we bring to our relationship**

A relationship takes two people, each of whom brings abilities and limitations, personalities and personal histories, family backgrounds and identities to the relationship.

The goal of this exercise is to get you thinking of your qualities and experiences affect your relationship.

What are some things about you that affect your relationship? In the first column, list your qualities or prior experiences that you think are most important in shaping how you behave in your relationship. In the second column, jot down how you think that quality affects your relationship.

**My most important qualities/experiences**

**How it affects my relationship**

When you are both done, we will be asking you to share these answers with your spouse.