

# Romantic Workshop #1: KNOWING YOU

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In this first exercise in learning the true meaning of intimacy and devotion, you as a couple, will get to know each other better. Even if you think you know your partner well, this exercise will improve your knowledge of who your partner really is. Each of you will help your significant other to compile a list of his/her personal data, favorite things, likes and dislikes. What, you may ask, is the significance of this exercise? To answer, let me ask some more questions. How can you think you are intimate with your significant other if you do not know their ring size, or their favorite flower? Or even their favorite color? Some of you may say “I already know this stuff”. Good for you! But let us go through this list together anyway and even you may find a surprise or two with this intimacy exercise. Would this list not make it infinitely easier to buy your loved one a special (and thoughtful) gift? Would this list not divulge key insights on what is important to your partner?

True intimacy involves knowing each others’ heart, mind, body and soul. This list includes many things that will give you insights into these four parts of your loved one.

A few suggestions are offered here on how this exercise should be treated. It is my belief that fun should be a large part of every intimate relationship. With that in mind it would enhance your experience with this exercise if you plan a time that is free from interruption. That way you can prepare the setting where candlelight and whatever other ambiance you prefer can be set up. Take the time to make yourself attractive to your partner. She could wear a revealing low cut blouse, as an example, and with no shoes on could play some footsies with him. Have fun with this and make it a date in itself.

When it comes time to actually fill in the blanks of this exercise you are each to fill in the data about your partner, not yourself. Do not be afraid to ask your loved one if you do not know or are not sure of what to fill in. Take notes if he/she volunteers more information than what is asked for. Do not react indignantly to a question which you think the other should already know. You may tease them a little about it for fun, but in order for these two lists to become complete, you must both be willing to answer all questions with truth and candor.

Some questions may be unanswerable. In this case, insert N/A. Some blank lines are provided for items that are important to your partner but are not on the list. Fill in the subject and then what is significant.

In the “LIKES” and “DISLIKES” sections, notes are taken as you discuss these categories. There are no prompts for these categories because there are far too many possibilities to cover. Each of you will think about your special likes and dislikes (anything from food to phrases to sex as examples) then share them with your note-taking partner. These categories could be labeled as turn-ons and turn-offs as well. This intimacy exercise need not be completed in only one session. If one or both of you wish to continue at another time, the exercise should stop for now. Please do not start exercise #2 until the first one is complete.

**HER DATA**

Birth date \_\_\_\_\_  
Anniversary \_\_\_\_\_  
Ring size \_\_\_\_\_  
Hat size \_\_\_\_\_  
Dress size \_\_\_\_\_  
Bra size \_\_\_\_\_  
Panty size \_\_\_\_\_

1<sup>st</sup> date \_\_\_\_\_  
Proposed on \_\_\_\_\_  
Pant size \_\_\_\_\_  
Stocking size \_\_\_\_\_  
Shoe size \_\_\_\_\_  
Earring type \_\_\_\_\_  
Nickname \_\_\_\_\_

Eye color \_\_\_\_\_  
Natural hair color \_\_\_\_\_  
Best friend \_\_\_\_\_  
Best erogenous zone \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**HER FAVORITES**

Place to be \_\_\_\_\_  
Activity \_\_\_\_\_  
Hobbies \_\_\_\_\_  
Snack \_\_\_\_\_  
Flower \_\_\_\_\_  
Nail polish \_\_\_\_\_  
Time of day for sex \_\_\_\_\_  
Male actor \_\_\_\_\_  
Restaurant \_\_\_\_\_  
Author \_\_\_\_\_  
Pet \_\_\_\_\_  
Artist/painter \_\_\_\_\_  
Poem \_\_\_\_\_  
Band \_\_\_\_\_  
Fruit \_\_\_\_\_  
Meal \_\_\_\_\_  
Song \_\_\_\_\_

Lipstick \_\_\_\_\_  
Body lotion \_\_\_\_\_  
Perfume \_\_\_\_\_  
Singer(s) \_\_\_\_\_  
Music type \_\_\_\_\_  
Spice \_\_\_\_\_  
Place to walk \_\_\_\_\_  
Tree \_\_\_\_\_  
Album \_\_\_\_\_  
Vegetable \_\_\_\_\_  
Conversation topic \_\_\_\_\_  
Book \_\_\_\_\_  
Musical \_\_\_\_\_  
Instrument \_\_\_\_\_  
Candy \_\_\_\_\_  
TV show \_\_\_\_\_  
Color \_\_\_\_\_

Movie \_\_\_\_\_  
Female  
Actress \_\_\_\_\_  
Comedian \_\_\_\_\_  
Season \_\_\_\_\_  
Type of book (action, sf etc.) \_\_\_\_\_  
Vacation spot \_\_\_\_\_  
Sex position \_\_\_\_\_  
Place to visit \_\_\_\_\_  
Mixed drink \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Define preferred romantic evening \_\_\_\_\_  
\_\_\_\_\_

**LIKES**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DISLIKES**

\_\_\_\_\_  
\_\_\_\_\_

**HIS DATA**

Birth date \_\_\_\_\_  
Anniversary \_\_\_\_\_  
Ring size \_\_\_\_\_  
Hat size \_\_\_\_\_  
Shirt size \_\_\_\_\_  
Undershorts type \_\_\_\_\_  
Pant size \_\_\_\_\_

Shoe size \_\_\_\_\_  
Stocking size \_\_\_\_\_  
Nickname \_\_\_\_\_  
Eye color \_\_\_\_\_  
Hair color \_\_\_\_\_  
Best friend \_\_\_\_\_  
Proposed on \_\_\_\_\_

1<sup>st</sup> date \_\_\_\_\_  
Best erogenous zone \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**HIS FAVORITES**

Place to be \_\_\_\_\_  
Activity \_\_\_\_\_  
Hobbies \_\_\_\_\_  
Snack \_\_\_\_\_  
Flower \_\_\_\_\_  
Tree \_\_\_\_\_  
Time of day for sex \_\_\_\_\_  
Male actor \_\_\_\_\_  
Female actor \_\_\_\_\_  
Restaurant \_\_\_\_\_  
Author \_\_\_\_\_  
Pet \_\_\_\_\_  
Artist/painter \_\_\_\_\_  
Poem \_\_\_\_\_  
Band \_\_\_\_\_

Fruit \_\_\_\_\_  
Meal \_\_\_\_\_  
Song \_\_\_\_\_  
Cologne \_\_\_\_\_  
Singer(s) \_\_\_\_\_  
Music type \_\_\_\_\_  
Spice \_\_\_\_\_  
Place to walk \_\_\_\_\_  
Album \_\_\_\_\_  
Vegetable \_\_\_\_\_  
Conversation topic \_\_\_\_\_  
\_\_\_\_\_  
Book \_\_\_\_\_  
Musical Instrument \_\_\_\_\_  
\_\_\_\_\_

Candy \_\_\_\_\_  
TV show \_\_\_\_\_  
Color \_\_\_\_\_  
Movie \_\_\_\_\_  
Comedian \_\_\_\_\_  
Season \_\_\_\_\_  
Type of book (action, sf ect) \_\_\_\_\_  
Vacation spot \_\_\_\_\_  
Sex position \_\_\_\_\_  
Place to visit \_\_\_\_\_  
Mixed drink \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**LIKES**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DISLIKES**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_