

# Assignment #1: QUESTIONNAIRE



**Please take time and answer all of the following questions and bring and put effort into your answers. These questions are part of the Uncovering Method which is going to help us in assisting you to discover the root cause of your pattern and break it. Be as specific as possible with your answers.**

1. How many brothers/sisters do you have? How do you all line up- oldest, youngest...etc?
  
  
  
  
  
  
  
  
  
  
2. What is your relationship like with your parents? (be as detailed as possible)
  
  
  
  
  
  
  
  
  
  
3. Are your parents still together? Separated? Divorced?
  
  
  
  
  
  
  
  
  
  
4. What was your childhood like?
  
  
  
  
  
  
  
  
  
  
5. Who are you closest to in your family and why?
  
  
  
  
  
  
  
  
  
  
6. How would others categorize you in Highschool?

7. What do you like most about yourself?

8. What makes you happy?

9. What's been your proudest moment?

10. What makes you feel most loved?

11. Do you like being the center of attention or prefer to stand back?

12. How much alone time do you need?

13. What's the main way you show your love?

14. Define a truly successful relationship.

15. What do you think is the biggest mistake that men make in their relationships?

16. What is the most annoying thing that someone could do to you?

17. What scares you most about opening your heart to your partner?

18. What do you like to do for fun?

19. On a scale of 1 - 10, 10 being 'Very Important', 1 being 'Not That Important'  
How important is sex & intimacy to you in a relationship?

20. Do you tend to avoid conflict with your partner?

21. What's your biggest deal breaker in a relationship?

22. Is there anything you use to do that you loved, but you've stopped doing?

23. How do you think your closest friends would describe you?

24. How do you feel about your exes, do you keep in touch with any of them?

25. How do you perceive the roles of husband and wife? What are your expectations of each of these roles?

26. What annoys you the most about yourself? What do you like/enjoy the most about yourself?

27. Is it harder for you to forgive someone or forget someone and why?

28. What would you say has been the biggest struggle in your relationships?

29. What are the top 5 things in your life you are grateful for?