Getting to Know You:  
Who Am I?

Here are some questions to get you thinking about who you are. For each section, check all of the characteristics that apply and fill in the blanks.

What's my personality?

- Shy  
- Outgoing  
- Playful  
- Serious  
- Dependable  
- Unreliable  
- Independent  
- Dependent on others  
- Patient  
- Impatient  
- Calm  
- Friendly  
- Competitive  
- Passive  
- Irresponsible  
- Responsible  
- Optimistic  
- Pessimistic  
- Self-confident  
- Timid  
- A leader  
- A follower  
- Peace-maker  
- Fighter  
- Disorganized  
- Organized

What am I interested in?

- Movies  
- Reading  
- Shopping  
- Writing  
- Drawing/painting  
- Outdoors  
- Spending time with family  
- Music  
- Working with animals  
- Helping people  
- Volunteering  
- Working on cars  
- Hanging out with friends  
- Other:  ________

What are my personal goals?

- Finish high school  
- Go to/finish college  
- Get married  
- Find a job I enjoy  
- Get more exercise  
- Buy a house  
- Save money each month  
- Make more money  
- Improve my relationship  
- Reduce stress in my life  
- Other:  ________

What am I good at?

- Sports/athletics  
- Drawing/painting  
- Helping others  
- Writing  
- Creating things  
- Fixing things  
- Leading groups  
- Other:  ________
Write the answers to some of these questions in your journal. If you have a partner, find out how he or she would answer these questions.

**What do I like best about myself?**

**What is one thing I would like to change about myself?**

**What do I believe in?**

**More questions to think about:**

- What makes me feel stressed?
- What is my greatest fear?
- What do I worry about?
- What makes me happy?
- What makes me sad?
- How is my relationship with my family?
- What were my previous relationships like?
- What kind of parent am I?
- What makes me feel loved?

*(Adapted from P.I.C.K. a Partner, by Dr. John Van Epp, LifeChangers.)*

For more information about parenting or relationships, please visit [http://ncfamilies.com/jitp/](http://ncfamilies.com/jitp/).