INTERVIEW WITH MY VALENTINE



Building the life we want together sits on a foundation of commitment, is stabilized through deliberate hard work, is uplifted by fun, and is held together by the bonds of love and spirit.

As you interview your valentine, listen for what touches you most, reminds you of why you are Valentines and offers you inspiration for your future together.

- 1. What are two or three most inspiring or rewarding experiences of our time together? Please tell me one of the stories.
- 2. What first attracted you to me? (qualities, behaviors, potential, etc.)
 - What do you value most about me now?
- 3. How has our relationship helped or benefited you the most?
- 4. What challenges, disappointments or roadblocks have we successfully addressed together?
- 5. What three things do you commit to do to increase the strength and vitality of our relationship?

From : Interview With My Valentine, Christine Whitney Sanchez, Triune Milagro, Ltd. Phoenix, AZ United States,

http://appreciativeinquiry.case.edu/practice/toolsQuestionsDetail.cfm?coid=4871