

KNOWING YOUR PARTNER

*One of the greatest predictors of relationship success
is the ability to remain curious about the person you love.*

Many couples assume that once they know each other, the work is done.
In reality, strong relationships are built on continual discovery.

People change over time. New experiences shape them. Responsibilities grow.
Priorities shift. Dreams evolve. Stressors emerge.

The couples who stay emotionally connected are often the couples
who keep learning about each other.

- They ask questions.
- They stay interested.
- They notice changes.
- They make room for ongoing conversations about life,
feelings, hopes, and struggles.

Knowing your partner is not about collecting information.
It is about maintaining connection.

THE CURIOSITY TRAP

When curiosity decreases, assumptions often increase.
Instead of asking, we begin guessing.
Instead of learning, we begin assuming.

Over time, assumptions can create distance, misunderstandings, and disconnection.
Curiosity helps relationships stay flexible, open, and emotionally engaged.



REFLECTION

Take a moment to consider:

When was the last time I learned something new about my partner?

What helps me stay curious about them?



CLOSING THOUGHT

*“The strongest relationships are not built on certainty.
They are built on continual discovery.”*

