

## Worksheet: Who Am I Looking For?

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### Example:

Although chemistry is very important, compatibility traits have an increased chance of long-lasting relationship)

### CHEMISTRY

#### **LOOKS**

(You're physically attracted to him)

#### **STATUS**

(He has money or big job)

#### **INTELLIGENCE**

(He is super smart)

### COMPATIBILITY

#### **EMOTIONALLY INTELLIGENT**

(He understands and communicates his feelings)

#### **SPIRITUALITY**

(You both have similar spiritual beliefs)



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### Just meeting:

Do his long-term relationship goals align with yours?

What type of relationship is he looking for now? Marriage, girlfriend, live-in, casual, booty call, etc.?

Does he want kids/more kids? How many?

What is his religious background and how will it affect your lifestyle or how you would raise children together?

Where does he want to live?

Does he have a job? How long?

What are his long-term life goals?

How does he make you feel when you are with him?

Are you physically attracted to him?

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### Someone you know:

Do you see yourself marrying this person?

Does he call/text you regularly?

Does he prioritize quality time with you?

Does he ask you out on real dates?

Does he talk about or check out other women?

What is he like when he gets angry?

Does he ever yell, name call, or get physical?

Does he respect your boundaries and your body?

How does he treat you around his friends, family, or out in public?

Does he have any emotional or mental issues?

How does he handle his money?

Does he have any addictions (alcohol, drugs, gambling, or porn)?

Does he look at porn, if yes, how do you feel about that?

What is his relationship like with his mother? (How he treats his mother is a good indication of how he will treat you.)

What characteristics do his parents have that might be alarming?

How does his dad treat his mom?

How does he talk about his exes? (If *all* of them are "crazy," *he* just might be the crazy one.)

How does he treat others, like the waitress, when you are out with him?

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Has he canceled last minute, pulled a no-show, or mysteriously fallen off the face of the earth for a few hours or days?

Could you say he is 110% loyal to you?

If he has kids, what is his relationship with them like?

How does he perform in his career?

Has he had a lot of dead-end jobs?

Does he constantly make excuses for things he should take responsibility for?

Has he ever lied? Told a white lie? Conveniently didn't give *"all the information"*? Let you believe something that wasn't true?

What does your intuition say about him?

**Think of a few more questions that are important to you, and add them to the list.**