

Characteristics for a Dating/Life Partner

Directions: Read the following two lists, and in each place where there are blanks, specify what you would like to see in a partner. (*For example: after “personality,” you may write outgoing, sense of humor, compassion, or other specifics.*) You may skip blanks if they are issues that really do not matter to you, and you may note specifics where there is no blank if you wish. Then in the bottom section, write your top 10 “must haves” and your top 10 “can’t stands.” You may use the “other” category more than once if you have more than one item that does not appear on the list.

Must haves

Emotional health
 Strong character
 Energy level - _____
 Intelligence
 Chemistry
 Financial security
 Verbal intimacy
 Conflict resolution skills
 Personal habits - _____
 Spirituality
 Shared interests - _____
 Similar political and social views
 Parenting skills
 Personality - _____
 Values - _____
 Skills - _____
 Ambition
 Age - _____
 Race - _____
 Religious affiliation - _____
 Education - _____
 Body
 Beauty/attractiveness
 Sexual history
 Style - _____
 Other: _____

Can’t stands

Lying
 Cheating
 Dominating
 Financial irresponsibility
 Anger problems
 Drinking
 Drug use (addictions)
 Smoking
 Gambling
 Sexual obsession
 Sloppiness
 Laziness
 Procrastination
 Gossiping
 Obnoxiousness
 Penny-pinching
 Profanity
 Dependence
 Arrogance
 Shyness
 Different interests
 Intolerance
 Criticism
 Recklessness
 Fanaticism
 Other: _____

Top 10 Must-haves

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Top 10 Can’t stands

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.