

What Do I Look For in My Ideal Mate?

In the items below rank the traits you would like to have in your "ideal mate." Put "A" beside the items which you think are the most important traits. Put "B" beside the items which you desire if possible. Put "C" beside the items you think are not really that important. You may put more than one A, B, or C in each category.

Physical appearance:

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Attractive face | <input type="checkbox"/> Attractive hands | <input type="checkbox"/> Attractive hair | <input type="checkbox"/> Attractive figure |
| <input type="checkbox"/> Attractive smile | <input type="checkbox"/> Muscular build | <input type="checkbox"/> Taller than me | <input type="checkbox"/> Sexy |
| <input type="checkbox"/> Thin-med. build | <input type="checkbox"/> Med.-large build | <input type="checkbox"/> Healthy teeth | <input type="checkbox"/> Nice eyes |
| <input type="checkbox"/> Long Legs | <input type="checkbox"/> Fair complexion | <input type="checkbox"/> Stylish dresser | <input type="checkbox"/> As attractive as me |

Other A's: _____

Personality/Disposition

- | | | | | | |
|--------------------------------------|------------------------------------|---------------------------------------|-----------------------------------|--|--------------------------------------|
| <input type="checkbox"/> Moral | <input type="checkbox"/> Unselfish | <input type="checkbox"/> Courteous | <input type="checkbox"/> Honest | <input type="checkbox"/> Hard working | <input type="checkbox"/> Serious |
| <input type="checkbox"/> Assertive | <input type="checkbox"/> Kind | <input type="checkbox"/> Friendly | <input type="checkbox"/> Romantic | <input type="checkbox"/> Acts natural | <input type="checkbox"/> Interesting |
| <input type="checkbox"/> Generous | <input type="checkbox"/> Social | <input type="checkbox"/> Creative | <input type="checkbox"/> Smart | <input type="checkbox"/> Strong willed | <input type="checkbox"/> Respectful |
| <input type="checkbox"/> Faithful | <input type="checkbox"/> Playful | <input type="checkbox"/> Stable | <input type="checkbox"/> Nice | <input type="checkbox"/> Confident | <input type="checkbox"/> Energetic |
| <input type="checkbox"/> Wild | <input type="checkbox"/> Leader | <input type="checkbox"/> Musical | <input type="checkbox"/> Warm | <input type="checkbox"/> Mature | <input type="checkbox"/> Passionate |
| <input type="checkbox"/> Gentle | <input type="checkbox"/> Candid | <input type="checkbox"/> Exciting | <input type="checkbox"/> Clean | <input type="checkbox"/> Funny | <input type="checkbox"/> Committed |
| <input type="checkbox"/> Open minded | | <input type="checkbox"/> Appreciative | | <input type="checkbox"/> Comfortable | |
| <input type="checkbox"/> Soft spoken | | <input type="checkbox"/> Independent | | <input type="checkbox"/> Dependable | |

Other A's: _____

Communication/Relationship Skills:

- | | | |
|--|---|---|
| <input type="checkbox"/> In tune with own feelings | <input type="checkbox"/> Shows emotions | <input type="checkbox"/> Listens well |
| <input type="checkbox"/> Understands me | <input type="checkbox"/> Doesn't blame others | <input type="checkbox"/> Tells stories |
| <input type="checkbox"/> Can handle group situations | <input type="checkbox"/> Is interesting | <input type="checkbox"/> Tells jokes |
| <input type="checkbox"/> Gives many compliments | <input type="checkbox"/> Lets me talk too | <input type="checkbox"/> Can handle disagreements |
| <input type="checkbox"/> Exudes confidence | <input type="checkbox"/> Makes eye contact | <input type="checkbox"/> Touches and is touchable |
| <input type="checkbox"/> Can self-disclose | <input type="checkbox"/> Doesn't analyze me | <input type="checkbox"/> Is interested in my life |
| <input type="checkbox"/> Accepts me for who I am | <input type="checkbox"/> Noncompetitive with me | <input type="checkbox"/> Deals with anger well |
| <input type="checkbox"/> Gets along well with parents | <input type="checkbox"/> Can love and be loved | <input type="checkbox"/> Sets boundaries well |
| <input type="checkbox"/> Knows how to get to the heart of the matter | | <input type="checkbox"/> Can take a compliment |

Other A's: _____

Interests:

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Enjoys family | <input type="checkbox"/> Enjoys sports | <input type="checkbox"/> Enjoys music | <input type="checkbox"/> Enjoys the arts |
| <input type="checkbox"/> Enjoys career | <input type="checkbox"/> Enjoys outdoors | <input type="checkbox"/> Enjoys parties | <input type="checkbox"/> Enjoys smoking |
| <input type="checkbox"/> Enjoys drinking | <input type="checkbox"/> Enjoys T.V. | <input type="checkbox"/> Enjoys dancing | <input type="checkbox"/> Enjoys remodeling |
| <input type="checkbox"/> Enjoys religion | <input type="checkbox"/> Enjoys work | <input type="checkbox"/> Enjoys museums | <input type="checkbox"/> Enjoys finishing things |
| <input type="checkbox"/> Enjoys health | <input type="checkbox"/> Enjoys sex | <input type="checkbox"/> Enjoys eating out | <input type="checkbox"/> Enjoys making money |
| <input type="checkbox"/> Enjoys shopping | <input type="checkbox"/> Enjoys politics | <input type="checkbox"/> Enjoys planning | <input type="checkbox"/> Enjoys learning |
| <input type="checkbox"/> Enjoys setting goals and attaining them | <input type="checkbox"/> Enjoys hearing about my day | | |

Other A's: _____

My Ideal Wife

This assessment helps you to better understand what you expect a wife to be like. You can do this assessment for yourself or for another person. Answer according to your own understanding and expectations of what the role of wife should be like. Consult the instructions below after having considered each item. Mark each item using the following scale: 1=Unimportant; 2=Don't care; and 3=Important.

Economics:

- | | |
|---|---|
| <input type="checkbox"/> Assertive in the workplace | <input type="checkbox"/> Go early/stay late gal |
| <input type="checkbox"/> Goal driven | <input type="checkbox"/> Promotion seeker |
| <input type="checkbox"/> Well paid employee | <input type="checkbox"/> Expensive tastes in life style |
| <input type="checkbox"/> Well educated | <input type="checkbox"/> Plays the game |
| <input type="checkbox"/> High achiever | <input type="checkbox"/> Dependable |
| <input type="checkbox"/> Extra mile provider | <input type="checkbox"/> Career oriented |

Wife to Husband Relationship:

- | | |
|--|---|
| <input type="checkbox"/> Likes to talk | <input type="checkbox"/> Passionately skilled in sexual matters |
| <input type="checkbox"/> Likes to listen | <input type="checkbox"/> Fidelity at all times |
| <input type="checkbox"/> Shares her day with husband | <input type="checkbox"/> Is devoted to the relationship |
| <input type="checkbox"/> Offers nonsexual verbal affection | <input type="checkbox"/> Loves husband, flaws and all |
| <input type="checkbox"/> Gives back rubs, scratches, etc... | <input type="checkbox"/> Loyal in public |
| <input type="checkbox"/> Supports husband's personal interests | <input type="checkbox"/> Is willing to do things husband likes |

Domestic Skills:

- | | |
|--|--|
| <input type="checkbox"/> Washes dishes & cooks | <input type="checkbox"/> Is good with the children |
| <input type="checkbox"/> Does variety of housework | <input type="checkbox"/> Does the home/car maintenance |
| <input type="checkbox"/> Is not messy | <input type="checkbox"/> Decorates and arranges |
| <input type="checkbox"/> Has reasonable hours | <input type="checkbox"/> Is committed to extended family relationships |
| <input type="checkbox"/> Gets along well with others | <input type="checkbox"/> Supports husband's friendships |
| <input type="checkbox"/> Shares the remote control | <input type="checkbox"/> Supports husband's career needs |

Instructions: First consider all of the items you marked as a "3" or as important. In each of the categories below, pick your top three most important and write the items in the box below.

<p>Economics:</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>Wife to Husband:</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>Domestic:</p> <p>1.</p> <p>2.</p> <p>3.</p>
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Since this assessment can be done for self or other, think about the current status of things. Are you or the other person up to this standard at this point in time? If not can you/she now or in the future become more of the person you would like her to be? What tradeoffs exist for you in the wife role? Why must we settle for tradeoffs? Finally, if change is possible what is the best way to bring it about? In other words what works and doesn't work in bringing about change for you or her? Discuss these issues with someone who interacts regularly with you and can provide you with some feedback.

My Ideal Husband

This assessment helps you to better understand what you expect a husband to be like. You can do this assessment for yourself or for another person. Answer according to your own understanding and expectations of what the role of husband should be like. Consult the instructions below after having considered each item. Mark each item using the following scale: 1=Unimportant; 2=Don't care; and 3=Important.

Economics:

- | | |
|---|---|
| <input type="checkbox"/> Assertive in the workplace | <input type="checkbox"/> Go early/stay late guy |
| <input type="checkbox"/> Goal driven | <input type="checkbox"/> Promotion seeker |
| <input type="checkbox"/> Well paid employee | <input type="checkbox"/> Expensive tastes in life style |
| <input type="checkbox"/> Well educated | <input type="checkbox"/> Plays the game |
| <input type="checkbox"/> High achiever | <input type="checkbox"/> Dependable |
| <input type="checkbox"/> Extra mile provider | <input type="checkbox"/> Career oriented |

Husband to Wife Relationship:

- | | |
|---|---|
| <input type="checkbox"/> Likes to talk | <input type="checkbox"/> Passionately skilled in sexual matters |
| <input type="checkbox"/> Likes to listen | <input type="checkbox"/> Fidelity at all times |
| <input type="checkbox"/> Shares his day with wife | <input type="checkbox"/> Is devoted to the relationship |
| <input type="checkbox"/> Offers nonsexual verbal affection | <input type="checkbox"/> Loves wife, flaws and all |
| <input type="checkbox"/> Gives back rubs, scratches, etc... | <input type="checkbox"/> Loyal in public |
| <input type="checkbox"/> Supports wife's personal interests | <input type="checkbox"/> Is willing to do things wife likes |

Domestic Skills:

- | | |
|--|--|
| <input type="checkbox"/> Washes dishes & cooks | <input type="checkbox"/> Is good with the children |
| <input type="checkbox"/> Does variety of housework | <input type="checkbox"/> Does the home/car maintenance |
| <input type="checkbox"/> Is not messy | <input type="checkbox"/> Decorates and arranges |
| <input type="checkbox"/> Has reasonable hours | <input type="checkbox"/> Is committed to extended family relationships |
| <input type="checkbox"/> Gets along well with others | <input type="checkbox"/> Supports wife's friendships |
| <input type="checkbox"/> Shares the remote control | <input type="checkbox"/> Supports wife's career needs |

Instructions: First consider all of the items you marked as a "3" or as important. In each of the categories below, pick your top three most important and write the items in the box below.

<p>Economics:</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>Husband to Wife:</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>Domestic:</p> <p>1.</p> <p>2.</p> <p>3.</p>
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Since this assessment can be done for self or other, think about the current status of things. Are you or the other person up to this standard at this point in time? If not can you/he now or in the future become more of the person you would like him to be? What tradeoffs exist for you in the husband role? Why must we settle for tradeoffs? Finally, if change is possible what is the best way to bring it about? In other words what works and doesn't work in bringing about change for you or him? Discuss these issues with someone who interacts regularly with you and can provide you with some feedback.