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:
___ Attractive face ___ Attractive hands ___ Attractive hair ___ Attractive figure
___ Attractive smile ___ Muscular build ___ Taller than me ___ Sexy
___ Thin-med. build ___ Med.-large build ___ Healthy teeth ___ Nice eyes
___ Long Legs ___ Fair complexion ___ Stylish dresser ___ As attractive as me
Other A’s:__________________________________________________________

Personality/Disposition
___ Moral ___ Unselfish ___ Courteous ___ Honest ___ Hard working ___ Serious
___ Assertive ___ Kind ___ Friendly ___ Romantic ___ Acts natural ___ Interesting
___ Generous ___ Social ___ Creative ___ Smart ___ Strong willed ___ Respectful
___ Faithful ___ Playful ___ Stable ___ Nice ___ Confident ___ Energetic
___ Wild ___ Leader ___ Musical ___ Warm ___ Mature ___ Passionate
___ Gentle ___ Candid ___ Exciting ___ Clean ___ Funny ___ Committed
___ Open minded ___ Appreciative ___ Comfortable
___ Soft spoken ___ Independent ___ Dependable
Other A’s:____________________________________________________________________

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

Interests:
___ Enjoys family ___ Enjoys sports ___ Enjoys music ___ Enjoys the arts
___ Enjoys career ___ Enjoys outdoors ___ Enjoys parties ___ Enjoys smoking
___ Enjoys drinking ___ Enjoys T.V. ___ Enjoys dancing ___ Enjoys remodeling
___ Enjoys religion ___ Enjoys work ___ Enjoys museums ___ Enjoys finishing things
___ Enjoys health ___ Enjoys sex ___ Enjoys eating out ___ Enjoys making money
___ Enjoys shopping ___ Enjoys politics ___ Enjoys planning ___ Enjoys learning
___ Enjoys setting goals and attaining them ___ Enjoys hearing about my day
Other A’s:____________________________________________________________________
Family characteristics:
___Likes children ___Likes marriage ___Likes his family of origin
___Budgets well ___Likes being at home ___Likes to go out as family
___Makes good money ___Has parents I like ___Balances work/home
___Share with others ___Is organized ___Shows affection
___Comes from wealthy background ___Values family traditions
___Maintains long-term relationships ___Values education
___Will date me throughout our marriage ___Maintains healthy family boundaries
Other A’s____________________________________________________________________

Now take all of your "A" rated ideal traits and put in the box below.

My ideal mate would be someone who...

(This list of ideal traits can be read as a paragraph describing your ideal mate)

Now take your ideal traits and list your top ten most important here (2 from each category):
1. 5. 9.
2. 6. 10.
3. 7.
4. 8.

As you date and/or consider serious, long-term commitments, reflect upon these traits you've identified. Does your current partner posses your ideal traits? If not can you identify what it is that attracts you to him or her? Are you willing to negotiate on some of these traits? Which ones? Have your partner take this and then discuss your ideals*.

*Remember that this is an "ideal mate" rating form. Actual results may vary.

Do the findings from this assessment accurately reflect you, your expectations, and your life experience? Why?
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:**
___ Assertive in the workplace  ___ Go early/stay late gal
___ Goal driven  ___ Promotion seeker
___ Well paid employee  ___ Expensive tastes in life style
___ Well educated  ___ Plays the game
___ High achiever  ___ Dependable
___ Extra mile provider  ___ Career oriented

**Wife to Husband Relationship:**
___ Likes to talk  ___ Passionately skilled in sexual matters
___ Likes to listen  ___ Fidelity at all times
___ Shares her day with husband  ___ Is devoted to the relationship
___ Offers nonsexual verbal affection  ___ Loves husband, flaws and all
___ Gives back rubs, scratches, etc...  ___ Loyal in public
___ Supports husband's personal interests  ___ Is willing to do things husband likes

**Domestic Skills:**
___ Washes dishes & cooks  ___ Is good with the children
___ Does variety of housework  ___ Does the home/car maintenance
___ Is not messy  ___ Decorates and arranges
___ Has reasonable hours  ___ Is committed to extended family relationships
___ Gets along well with others  ___ Supports husband's friendships
___ Shares the remote control  ___ 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.

<table>
<thead>
<tr>
<th>Economics:</th>
<th>Wife to Husband:</th>
<th>Domestic:</th>
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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:**

___ Assertive in the workplace
___ Goal driven
___ Well paid employee
___ Well educated
___ High achiever
___ Extra mile provider

___ Go early/stay late guy
___ Promotion seeker
___ Expensive tastes in life style
___ Plays the game
___ Dependable
___ Career oriented

**Husband to Wife Relationship:**

___ Likes to talk
___ Likes to listen
___ Shares his day with wife
___ Offers nonsexual verbal affection
___ Gives back rubs, scratches, etc...
___ Supports wife's personal interests

___ Passionately skilled in sexual matters
___ Fidelity at all times
___ Is devoted to the relationship
___ Loves wife, flaws and all
___ Loyal in public
___ Is willing to do things wife likes

**Domestic Skills:**

___ Washes dishes & cooks
___ Does variety of housework
___ Is not messy
___ Has reasonable hours
___ Gets along well with others
___ Shares the remote control

___ Is good with the children
___ Does the home/car maintenance
___ Decorates and arranges
___ Is committed to extended family relationships
___ Supports wife's friendships
___ Supports wife's career needs

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