## 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

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 appear	rance:				
Attractive fa	ceAtt	ractive hands	Attractive	hairAttractiv	e figure
Attractive sr	nileMu	scular build	Taller than	meSexy	
Thin-med. b	uildMe	dlarge build	Healthy te	ethNice eyes	S
Long Legs	Fai	r complexion	Stylish dre	esserAs attrac	tive as me
Other A's:			<del>-</del>		
Personality/Dis	position				
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 minde	d	Appreciativ	/e	Comfortable	
Soft spoken		Independen		Dependable	
Other A's:				<u>.</u>	
Understands Can handle g Gives many Exudes conf Can self-disc Accepts me Gets along v	own feelings me group situation compliments idence close for who I am well with pare	ShoDoe nsIs irLetsMalDoeNor	love and be lo	Tells joke Can hand Touches me Is interes with me Deals withoved Sets bound	ries es lle disagreements and is touchable ted in my life th anger well
Interests:					
Enjoys famil Enjoys caree Enjoys drink Enjoys religi	erEnj tingEnj tionEnj	oys sports oys outdoors oys T.V. oys work	Enjoys mu	tiesEnjoys sı ncingEnjoys re seumsEnjoys fi	moking emodeling nishing things
Enjoys settir	pingEnj		Enjoys pla	ing outEnjoys m nningEnjoys le aring 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 backgroundValues family traditions							
Maintains long-term relationshipsValues educationWill date me throughout our marriageMaintains 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	n be read as a paragraph desc	ribing your ideal mate)					
Now take your ideal traits	and list your top ten most imp	ortant here (2 from each category):					
1.	5. 9.						
2.	6. 10.						
3.	7.						
4.	8.						
As you date and/or conside	er serious, long-term commitm	nents, 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 t	ake 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 Promotion seeker Goal driven \_\_\_Expensive tastes in life style \_\_\_Well paid employee Well educated \_\_\_Plays the game Dependable High achiever \_\_\_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 Loves husband, flaws and all Offers nonsexual verbal affection Gives back rubs, scratches, etc... \_\_\_Loyal in public \_\_\_\_Is willing to do things husband likes \_\_Supports husband's personal interests **Domestic Skills:** Washes dishes & cooks \_\_\_\_Is good with the children Does variety of housework Does the home/car maintenance \_\_\_Decorates and arranges \_\_\_Is not messy \_\_Has reasonable hours Is committed to extended family relationships \_\_\_Supports husband's friendships Gets along well with others Supports husband's career needs Shares the remote control **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. **Economics:** Wife to Husband: **Domestic:** 1. 1. 1. 2. 2. 2.

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.

3.

3.

## 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.

3.	3.	3.				
2.	2.	2.				
1.	1.	1.				
<b>Economics:</b>	<b>Husband to Wife:</b>	: Domestic:				
categories below, pick your top three most important and write the items in the box below.						
<b>Instructions:</b> First consider all of		ked as a "3" or as important. In each of the				
Shares the remote control		Supports wife's career needs				
Gets along well with others		Supports wife's friendships				
Has reasonable hours		Is committed to extended family relationships				
Is not messy		Decorates and arranges				
Does variety of housework		Does the home/car maintenance				
Washes dishes & cooks	Is go	Is good with the children				
Domestic Skills:						
Supports wife's personal inte	erestsIs wil	Is willing to do things wife likes				
Gives back rubs, scratches, e		Loyal in public				
Offers nonsexual verbal affe	ctionLove	Loves wife, flaws and all				
Shares his day with wife	Is dev	Is devoted to the relationship				
Likes to listen	Fidel	Fidelity at all times				
Likes to talk		Passionately skilled in sexual matters				
<b>Husband to Wife Relationship</b>	:					
Extra mile provider	Care	Career oriented				
High achiever	<u>-</u>	Dependable				
Well educated	•	Plays the game				
Well paid employee	-	Expensive tastes in life style				
Goal driven	<del></del>	Promotion seeker				
Assertive in the workplace		Go early/stay late guy				
<b>Economics:</b>						

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'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.