

Love Quest: Meet Your Match In Six Weeks

DETERMINING YOUR IDEAL MATCH

Attraction can make us think or feel things like....

Crush / Butterflies / Blush / Warm / Excited / Aroused / Desire to be with / Desire to kiss / Desire to touch / Desire to talk with / Desire to have intercourse / Happy / Admire / constantly think about them / comfortable being vulnerable around them / talk about them / mirror them / flirt / smile a lot / energetic / giddy / heart race / legs weak / feel safe /

Examples of things people find attractive....

Physical Attributions

Great hair Nice eyes Warm smile Clean teeth Cute dimples Handsome Pretty Soft lips Sharp jawline High cheek bones Long neck Strong arms Cuddly torso Confident posture Great calves Strong thighs Feminine shape **Solid stature** Unique personal style Well groomed Fit body Smooth skin Feet Curves Curly hair

Character Traits (Values / Thoughts / Words / Actions) Kindness **Positive energy** Cheeky Clever / intelligence (IQ) Integrity Loyal Fun Communication Vulnerability Humour Creativity **Musical talent** Ambition **Healthy lifestyle** Confidence **Family values** Vegan **Environmentally conscious Risk taker** Adventurous

Interpersonal Strengths Friendly Inclusive **Romantic** Good listener Empathy Patience Flexibility **Open-minded** Compassion Caring **Protective** Loving **Supportive** Reliable **Openly communicate** Honest Responsibility Dependability Self-awareness

Types of Relationships

Friends with benefits - no commitment

No Strings Attached (NSA) - just sexual (physical) intimacy. No emotional intimacy.

Casual - "just for now" relationship with no future. Temporary

Story teller

Polyamorous / Open-relationship - partners may have romantic / sexual relations with others Monogamous

- Independent both partners can functional independent of each other. Typically los of hobbies & interests. Secure attachment style.
- Codependent partners rely on each other significantly. Compromise. May lose identity in relationship. Requires healthy boundaries.
- Long-distance partners live a significant distance away from each other





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Q. What do you **think** / **feel** or how do you **act** when you're **attracted** to someone?

Q. What do you **think** you find **attractive**?

Physical Attributions	<u> Character Traits (Values / Thoughts / Words / Actions)</u>	Interpersonal Skills



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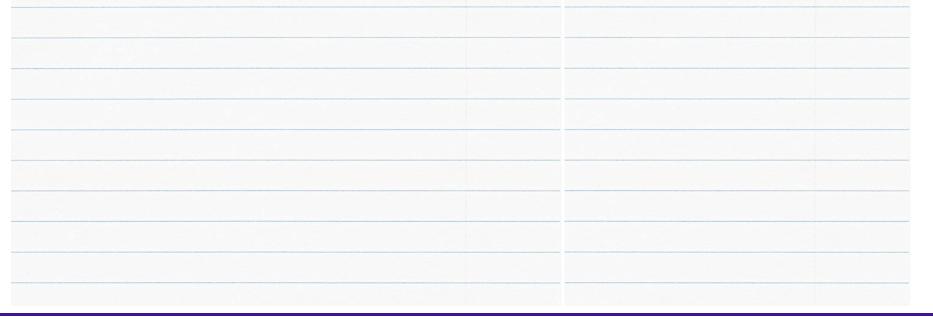
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Q. What positive qualities are you historically attracted to?

als of past loves	Factors: values, characteristics and personality traits
-	

My ideal partner

 Describe your ideal partner. What are their values, chara How do they make you feel? 	iours?	



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My dream relationship (refer to page 1, Type of Relationships)

/hat type of romantic relationship do you desire ,	or dream of?	
Describe your dream love relationship.		
 What does it look like? What activities will you do together? How will you feel together? 		

