

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
Story teller

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

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

Monogamous

- Independent - both partners can function independent of each other. Typically loss 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?

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

Physical Attributions

Character Traits (Values / Thoughts / Words / Actions)

Interpersonal Skills

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