

Who is My Perfect Partner?

SECTION 1

1. Read the sentences below, filling in the blanks with the appropriate words. Choose from the lists of adjectives or add your own.

A. Think of your childhood caretakers. List their negative qualities. (Pick at least 5)

(For example: absent, abusive, addicted, aggressive, alcoholic, angry, boring, busy, cold, controlling, critical, dangerous, depressed, dishonest, distant, emotional, fragile, grumpy, immature, impatient, insensitive, intrusive, jealous, lazy, passive, passiveaggressive, perfectionist, reactive, rigid, sarcastic, shallow, stingy, unaffectionate, unavailable, unforgiving, uninterested, unreliable, wounding.....others.)

1. _____
2. _____
3. _____
4. _____
5. _____

B. Think of frustrating times you had with them and list how you felt. (Pick at least 5)

(For example: abandoned, afraid, alone, angry, anxious, ashamed, cheated, cold, depressed, disappointed, distant, embarrassed, frustrated, guilty, hopeless, hurt, inadequate, insecure, jealous, mistrustful, rejected, unloved.....)

1. _____
2. _____
3. _____
4. _____
5. _____

C. Now list their positive qualities. (Pick at least 5)

(For example: accessible, affectionate, altruistic, attentive, available, confident, connected, courageous, creative, dependable, enthusiastic, fair, faithful, forgiving, hard-working, honest, open-minded, playful, respectful, responsible, safe, sincere, spiritual, spontaneous, supportive, talented, tender, tolerant, trustworthy, warm, wise.....)

1. _____
2. _____
3. _____
4. _____
5. _____

D. Think of the pleasant times you had with them & list how you felt. (Pick at least 5)

(For example: close, excited, happy, loved, loving peaceful, playful, proud, reassured, respected, safe, satisfied, secure, trusted, warm.....)

1. _____
2. _____
3. _____
4. _____
5. _____

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E. List how you most often reacted as a child/teen to those frustrating times. (Pick at least 5)

(For example: argued, became aggressive, became depressed, became low achieving, became passive, became passive-aggressive, became super-achieving, became rebellious, complained, criticized, distanced, drank, failed, got in fights, isolated, left, nagged, over-ate, slammed doors, slept, starved myself, stayed busy, talked to friends, threw/broke things threw-up, used drugs, whined, withdrew yelled/screamed.....)

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 2: Transfer your answers from above into the appropriate sections

My "Perfect" Partner

My Unconscious is trying to find a partner who is (Answers from question A)

1. _____
2. _____
3. _____
4. _____
5. _____

With whom I often feel (Answers from question B)

1. _____
2. _____
3. _____
4. _____
5. _____

But I'm only trying to get them to become (Answers from question C)

1. _____
2. _____
3. _____
4. _____
5. _____

So that I can begin to feel (Answers from question D)

1. _____
2. _____
3. _____
4. _____
5. _____

However, I have sometimes sabotaged getting my needs met because I (Answers from question E)

1. _____
2. _____
3. _____
4. _____
5. _____

Do you find these statements to be mostly true of your current and/or previous partners with who you were in a committed relationship with for more than 6 months? Most people do!