

WHAT YOU NEED IN A PARTNER: 3 QUALITIES & 1 DEAL-BREAKER

(by Dr. Terri Orbuch, *The Love Doctor*®)

Circle **1 attribute** per section that is most important to you!

- Identify **1 specific social attribute** or **physical feature** that you want or need in a partner.
Partner's: Age, Height, Body type/shape/weight, Personal grooming, Clothing, Sexy/handsome/beautiful, Education, Financial situation, Job, Religious affiliation, Spiritual beliefs, Political ideology, Relationship history, Family, Ethnicity/race/cultural background, Other
- Identify **1 specific personality** or **interpersonal characteristic** that you want or need in a partner.
Easy-goingness/flexible personality, Communication abilities, Sense of humor, Smart/inteligente, Emotional maturity, Understanding, Trustworthiness/integrity/loyal, Social/fun, Sexual appetite/drive, Sense of adventure/risk taking, Hardworking and reliable personality, Kind and compassionate personality, Confidence/high self esteem, Good to me/kind to me, Works out/excercises/eats well, Able to commit, Ability to compromise, Ability to handle stress, Sense of responsibility, Other
- Identify **1 relationship quality** that needs to be compatible or similar to you.
Similar: Views on family, Health/fitness, Money, Career/job, Political attitudes, Religious/spiritual beliefs, Interests/hobbies, Personality, Lifestyle, Stress management, Other
- Identify **1 deal-breaker** or **partner trait** that is most problematic to you. The quality you just can't tolerate or allow in a partner.
Unemployment, Debt or financial issues, Legal Issues/breaks the law, Addiction (gambling, smoking, drugs, alcohol), Partner cheats on you, Toxic family/friends/ex-partner, Married previously, Has children, Bad self-care habits (bad breath, body odor, terrible hygiene, lack of etiquette), Suspicious/jalous/inseque, Mental health challenges, Partner tries to control you or criticizes you, Anger management issues, Co-dependency, other

DATE

FULL NAME

SIGNATURE