



## **Love and Treasure This Moment of Introspection: For The Most Part, What Are You Looking For In A Partner?**

Do this activity after you read [For The Most Part, What Are You Looking For In A Partner?](#)

I know that your parents have many positive qualities (and many negative ones) but, for now, we'll stick to just three of each.

But let's pick the juicy ones, shall we? The ones that really are the best and the worst qualities your parents have or had. And by that, I don't mean to imply that they're alive or not, but that they may still have this quality or not.

Don't worry, your mom and dad don't need to find out about what you think these are... unless you want to share.

Plus, keep in mind that this could be a really, REALLY eye-opening experience for you if you let it and are TRULY willing to see the brutal and beautiful reality that can help you make sense of what has seemed sooooo confusing about your love life for sooooo long.

## Directions For Part 1

1) Write the top 3 **best** qualities your mom has/had.

1.

2.

3.

2) Write the top 3 **worst** qualities your mom has/had.

1.

2.

3.

3) Write the name of your most significant love partner below:

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4) Now, reread the answers that you wrote for question #1. With a highlighter, highlight the qualities IF your most significant love partner has the best qualities your mom has had. Don't overthink this. Either they have it or they don't. If they have it "a little" it's still a "yes," so highlight it.

5) Repeat this process for question #2 regarding your mother.

## Directions For Part 2

1) Write the top 3 **best** qualities your dad has/had.

1.

2.

3.

2) Write the top 3 **worst** qualities your dad has/had.

1.

2.

3.

3) Write the name of your most significant love partner below:

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4) Now, reread the answers that you wrote for question #1. With a highlighter, highlight the qualities IF your most significant partner has the best qualities your dad had. Don't overthink this. Either they have it or they don't. If they have it "a little" it's still a "yes," so highlight it.

5) Repeat this process for question #2 regarding your father.

## Think about it

Which parent is your love partner (or the partner that has been the most important in your life) most like? Your mom or your dad or your caregiver?

How do you feel about that?

Which 3 characteristics does your partner have that are the **most similar** to that of your parents? Write them in the order of most to least below.

- 1.
- 2.
- 3.

Are these positive or negative qualities for the most part? (Notice that three is an odd number, so 2 out of 3 characteristics are the majority). (Don't be surprised if your partner has more of your parents' or caregiver's negative traits than the positive traits).

How do you feel about whether your partner had more negative or positive qualities?

How do you think your satisfaction in this relationship has been influenced by how similar or different your partner is in comparison to your parents and caregivers?