



## Love and Treasure This Moment of Introspection: The Three Love Theories

You are ready to do this activity after you read the Love and Treasure post called [3 Theories For How You're Initially Attracted To A Potential Partner](#), which will give you the background information that you need.

### Directions

Think about your top 5 partners (or I-wish-they-were-my-partners) in your life. That means that they can be a partner that is part of your present, partners that were part of your past, or a partner that you would like or would have liked to be part of your past, present or future.

Write their names down in the chart below in whatever order you'd like.

For each of those names, ask yourself these questions in columns 2, 3, and 4 respectively.

- Were you attracted to them because you thought/knew that they could provide you with money/food or children?
- Were you attracted to them because you thought that they were as good as you, if not better?
- Were you attracted to them because you thought that you would feel a great sense of pride if you were with them?

Write a #1 underneath the reason that why you were MOST attracted to them.

<b>Person You Were, Are, or Really Wanted To be In a Relationship With</b>	<b>Were you attracted to them because you thought/knew that they could provide you with money/food or children? (The biologic theory)</b>	<b>Were you attracted to them because you thought that they were as good as you, if not better? (The equal exchange theory)</b>	<b>Were you attracted to them because you thought that you would feel a great sense of pride if you were with them? (The persona theory)</b>
1.			
2.			
3.			
4.			
5.			

## Let's Reflect

1. What theory for selecting a mate has been the most popular in your life? Why do you think that is?

2. What theory for selecting a mate has been the least popular in your life? Why do you think that is?

3. If you are in a current relationship, which theory summarizes your stronger motive for getting together with your current partner? How do you think that that has influenced the relationship?

4. If you're separated, divorced, or have recently been part of a breakup, what was the reason that you got into that last relationship? How do you think that that could have played a role a role in the end of the relationship?

