



Love and Treasure This Moment of Introspection: What Do Your Past Partners Have In Common?

Do this activity after you read [What Do Your Past Partners Have in Common?](#)

Directions For Part 1

1. Think about the top 2-5 people you've seriously considered being in a committed and/or lifetime relationship with. Meaning, you were either *suuuuuuper* in love with them and you thought they were the one or you lived together as a couple.
2. Write the name of these people in the first column.
3. Then, think of a positive characteristic that they had. (Try to stick to the internal characteristics, not the external characteristics). It's easier if you do think of one person and list their most prominent characteristic and repeat this same process for three other people.
4. Write it in the 2nd column.
5. Then fill the 3rd, 4th and 5th columns with the most prevalent positive characteristics that you can think of.
6. After you have the most prevalent characteristics written down, think about whether or not the other partners or serious potential partners have that characteristic as well and write a checkmark next to their names.

Positive Characteristic The People I Saw A Future With Had/Have

Name	Positive Characteristic	Positive Characteristic	Positive Characteristic	Positive Characteristic

Let's Reflect

1. Did most of your partners share the most of the characteristics?
2. What characteristic did the majority of your partners share?
3. What characteristic did the least number of partners share?
4. What was your most surprising finding?

Directions For Part 2

1. Think about the top 2-5 people you've seriously considered being in a committed and/or lifetime relationship with. Meaning, you were either *suuuuuuper* in love with them and you thought they were the one or you lived together as a couple.
2. Write the name of these people in the first column.
3. Then, think of a negative characteristic that they had. (Try to stick to the internal characteristics, not the external characteristics). It's easier if you do think of one person and list their most prominent characteristic and repeat this same process for three other people.
4. Write it in the 2nd column.
5. Then fill the 3rd, 4th and 5th columns with the most prevalent negative characteristics that you can think of.
6. After you have the most prevalent characteristics written down, think about whether or not the other partners or serious potential partners have that characteristic as well and write a checkmark next to their names.

Negative Characteristics The People I Saw A Future With Had/Have

Name	Negative Characteristic	Negative Characteristic	Negative Characteristic	Negative Characteristic

Let's Reflect

1. Did most of your partners share the most of the characteristics?
2. What characteristic did the majority of your partners share?
3. What characteristic did the least number of partners share?
4. What negative characteristic are you most surprised that several of your partners have?

