Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Transform Sheet: Describe Your Ideal Relationship/Marriage Partner

Purpose:To describe an ideal relationship/marriage partner. If you are already in a relationship, do your best to detach from your partner and focus on what is important to you in the larger perspective of your life.

**Note:** You can use Table 1 below, or you may find it easier to write your description in autobiographical story form using a computer, a journal, or a piece of paper. When you are in a relationship, return to this sheet and assess how well the person matches your requirements or preferences. Be cautious about showing this list to a person too early in a relationship when they could simply pretend to match you.

Instructions:

1. List in detail your description of a potential partner in the first column of Table 1 using the items below as a starting place.

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| • character strengths  | • likes  | • dreams |
| • relationship experience | • commitments | • education |
| • needs | • fears | • hobbies |
| • dislikes  | • personality traits | • work experience |
| • major goals | • attitudes | • appearance |
| • life purposes | • financial assets | • physical ability |
| • values | • behaviors  | • activity preferences |
| • family history | • cultural customs | • sense of humor |
| • good and poor habits  (personal and work)  | • spiritual or religious  beliefs and practices | • limitations and  boundaries |

B) Note which items are *vital* to you about your potential partner. Mark those items in the “Essential” column. Be specific and realistic. Try to limit yourself to a maximum of about 10 essential items. If you are identifying more, consider whether your expectations are realistic.

C) Note what are *important* characteristics to have in your partner. These items will be ones that you will greatly appreciate but that you can live without if you have to. You are willing to negotiate with your partner about how these aspects will work or not work in a relationship/marriage. Mark those in the “Flexible” column.

D) Note what items you would *enjoy but that are less important*. Mark those in the “Good, But Not Essential” column.

E) Complete Table 2 with the bad habits or negative aspects of a person that would make him/her a poor match for you.

Table 1: Description of a Potential Partner

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| Description | Essential | Flexible | Good, But Not Essential |
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| Description | Essential | Flexible | Good, But Not Essential |
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There may be bad habits or negative aspects of someone that would make you and a partner a poor match. List below what you *do not want* in a partner:

Table 2: Bad Habits/Negative Aspects of a Partner

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| Partner Absolutely Must Not Have or Do | Strongly Prefer Partner Does Not Have or Do |
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**Commitment:**

I will discuss this sheet with a trusted person who knows me quite well by this date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Insights from the discussion:**

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Reflection:

1. What insights have I gained from the content above about what I want and do not want in a partner? Did I identify any patterns? Were there any surprises?

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1. Did I discover any areas where I am unreasonably limiting my choices? What are they? Did I discover any prejudices? What are they?

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3. Have I completed this list with a particular person in mind? Did I complete it when I was with certain people or in certain environments and this influenced my choice of descriptors? (Note how these influenced you.) Now that I realize I did that, what adjustments will I now make to this sheet?

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4. After I spend time with someone and I realize that he or she does not match my worksheet and is not an option as a long-term partner, what will I say to him/her? How will I end or change the relationship?

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5. How might it affect me if I give in to the temptation to edit or omit important items on my list to fit a specific person? How could it affect my partner?

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