

IDENTIFYING VALUES IN AN INTIMATE RELATIONSHIP

A. List 15 items you would desire in a partner of the opposite sex (your "ideal mate").

1 .

2 .

3 .

4 .

5 .

6 .

7 .

8 .

9 .

10 .

11 .

12 .

B. Now, from the list above, cross out 5 items that you would be willing to omit and still be able to have an intimate relationship.

C. Next, circle 5 items that you would be willing to compromise on in an intimate relationship (e.g., you may not be willing to give up physical beauty in a partner, but may compromise on the degree of beauty).

D. Now take the last 5 items, which should be those most important to you and which you are not willing to sacrifice and rank them in order of importance (#1 being Most important and #5. being least important).

Taken from: Identifying Values in Relationships with the Opposite Sex.