



Mate Traits Worksheet

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This worksheet is a variation on the two-column “pro” and “con” worksheet. The “pro” and “con” process usually revolves around a particular person and his or her traits. This worksheet process is independent of any individual. Its intention is to help you establish those factors that are most important to you in evaluating the suitability of any individual, not just a particular individual.

You will make two columns, one on the left and one on the right. The left-hand column will be labeled: Traits Not Wanted. You will begin with this column first. Why? Often, individuals select a few desirable traits, meet someone who has those traits, and then discover that the individual has several other traits that are objectionable to the point of being potential “deal breakers.” Had they recognized what they did not want and listed the opposite, what they do want, they would less likely be in the position of deciding if they should “settle” or not. Said differently, there are traits that we do indeed want, but they are not apparent until their undesired opposite appears. This process will help you look for those less obvious, but generally desired, traits from the beginning. It will assist you to be clear about what truly is non-negotiable.

Traits Not Wanted

Opposite →

Traits Desired
