



The Ideal Partner – What You Look For in a Relationship*

**Directions – Complete this exercise with your idea of what qualities you would like in a partner for a RELATIONSHIP
*(not just a one night stand)**

Physical Qualities –

Height _____

Weight _____

Hair Color _____

Eye Color _____

Other physical qualities important to you:

- 1.
- 2.
- 3.
- 4.
- 5.

Emotional/Mental Qualities –

What are some personality qualities that you like (for example: quiet, shy, sense of humor, innocent, smart, easy-going, fun, outgoing, loyal, trustworthy, honest, exciting, wild, etc.) – List some:

- 1.
- 2.
- 3.
- 4.
- 5.

Drug and Alcohol use – Do you want a partner that parties? Or is sober and supportive? Somewhere in between?
Describe –



Likes/Dislikes – What likes and dislikes do you want the person to have (for example likes sports, likes movies, dislikes drama, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

Other – Be creative and list a few other things that you would like in a relationship partner not already listed:

- 1.
- 2.
- 3.
- 4.
- 5.

Now Give the Person a Name _____

Process – Counselor – When done, read each person’s ideal partner description aloud, one by one and have a contest to see who the group likes the best, with one or two runners up depending upon group size

Discussion –

1. In the end, what stood out as most important to you? What was most important beside physical appearance?
2. Do you think you will ever find someone who has most of these qualities?
3. What was the best relationship you ever had? (or almost had in case it didn’t work out)
4. What are some really good qualities in you that would make others want to be with you?
5. Have you ever been in love? Discuss
6. Have you ever been hurt in a relationship?
7. Have you ever hurt others?
8. What would it take for you to settle down and stick with one person on a long term basis (without cheating)
9. What kind of people do you usually attract?
10. Thinking with your head and not with your heart (and not with any other body part either) – What is the most sensible decision for you right now with regard to relationships?