

The ideal Partner

When forming relationships we often are attracted to someone (usually sexually) and start an exciting journey high dopamine and other brain chemicals, exciting new-ness, long conversations into the night, easy sex and lots of fun. Often we have fallen in love. This brings out the best in both people but also, we are showing of ourselves, what we want the other person to see. This process is an ancient process which ensured that humans continued to re-produce and keep the species going. It is VERY powerful and mostly unconscious.

Over time as this slowly starts to pass, (1 to 3 years) we have often committed to a relationship with this person without being aware of whether this person was actually suitable to us as a long term partner. Do we fit together well? Do I like who this person really is? Why don't I feel I love them anymore?

If a person is lucky, the other person ticks a lot of our boxes and the relationship goes well for a long time. It seems the relationships that tend to be the most rewarding longer term have a higher percentage of similarities in the following areas.

Person of similar:

- **Background** _____
- **Appearance** _____
- **Intelligence** _____
- **Attitudes** _____
- **Interests** _____
- **Emotional maturity** _____
- **...then a personality that compliments yours in a way that is exiting and rewarding**
 - _____

HOMEWORK TASK:

On the above list, write to what percentage you feel your PAST long term relationship suitable. IE. If your backgrounds were pretty much the same then this would be a 98% match. If your interests were vastly different then this would be only a 10% match.

Try to go on the FEELING about the relationship, looking back on it now.