

# How To Find and Recognize Your True Love. Lesson 15. Additional Resources.

## What Do You Want Most? The Clarity Process Exercise.

Circle the qualities or behaviors which are important to you. There are no right or wrong answers. (Add qualities important to you but not listed.)

### General Qualities

Honest	Generous with Time	Compatible Values
Quiet	Generous with Money	Adventurous
Gregarious	Cares about Others	Tries New Things
Enjoys travel	Tender	Fiscally Responsible
Loyal	Tender-Hearted	College Educated
Supportive	Fun	Technical Education
Intelligent	Creative	Job Security
Expresses Feelings	Calm	Wants Children
Enjoys the Arts	Spiritual	Family Oriented
Sense of Humor	Religious	Non-Smoker
Enjoys Clubs and Parties	Hard Working	Non-drinker
Compassionate	Likes Pets	Moderate Drinker

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Optimistic	Nurturing	No Recreational Drugs
Self-confident	Thinks Critically	Looks at Both Sides
Motivated	Enjoys Movies	Kindness
Self-Starter	Enjoys Plays	Gives Compliments
Good Hygiene	Liberal	Expresses Self Easily
Sense of Style	Conservative	Courageous
Common Sense	Moderate	Intuitive
Flexible	Environmental	Admits Mistakes
Accepting of Other Races	Friendly	Forgiving
Accepting of Sexual Orientation	Focused	Good Listener
Polite	Punctual	Has Self-Control
Charming	Consistent	Talks Things Out
Athletic	Problem Solver	Self-Reliant
Appreciative		

### **Sexuality & Sensuality**

Monogamous	Shows Affection	Supportive
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	Privately	
Open Relationship	Romantic	Non-Judgmental
Friends with Benefits	Communicates Likes/Dislikes	Enjoys Oral Sex
Enjoys Cuddling	Enjoys Nudity	No Oral Sex
Enjoys Foreplay	Playful	Enjoys Fantasy
Waits for Marriage	Passionate	Gay/Lesbian
Gives Massages	Enjoys Giving & Receiving	Straight
Receives Massages	Fully Present	Bi-sexual
Holds Hands in Public Public Displays of Affection	Adventurous	Fluid Sexuality

### **Family/Social Life**

Has Children	Is Liked by Others	Understanding
Accepts Children	Homebody	Forgiving
Wants Children	Committed to Family	Non-Physical Discipline
Has Many Friends	Make Good Parent	Physical Discipline
Has Few Close Friends	Is Good Friend	Listens to Child

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Good Family Relationships

Doesn't Have Children

Works through Challenges

Treats Family Well

Doesn't Want Children

### Spirituality/Religion

Same Denomination

Non-denomination

Same Views

### Which Are the Most Important?

Way to go! You now have a list of qualities important to you for a partner. The question is, **“Which are the most important?”** You may say **“But they all are.”**

Finding someone who has all the qualities you want may not be possible.

**Finding someone with the top five is possible.**

Most people aren't aware of the qualities which are most important to them. You will soon be one of those who do know. **This next exercise will make your life so much easier by increasing the probability that you choose someone compatible.**

This exercise may take some time. You might want to take a short break now or after Step 1.

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**This is a two-step process:**

1. **Make a list of all the qualities you've circled.** (This is the easy part.)
2. **Now you're going to rank them by importance using a special and decisive technique.** (This is the step that takes the longest.)
  - Begin with the first one on your list. Compare it with the next quality.
  - Ask this question, "If I had this quality, but not this, would I be happy?"
  - Next, compare the one you selected with the next on your list.
  - Once you go through all the qualities on your list, you have your most important quality.
  - To find the second most important quality, begin with the next one and repeat the process.

### **An Example.**

So as not to influence you, we'll use the options I want in a car.

**My list of qualities:**

- Blue
- SUV
- Eco-Friendly
- Seats 7
- DVD player in Back
- Luggage Rack
- Trailer Hitch
- Bose Sound System

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- Alarm When On-coming Car
- 100,000 Mile Warranty

### **The Process:**

1. If my car was blue but not an SUV, would I be happy? No, SUV is more important.
2. Is SUV more important than Eco-Friendly? Yes, SUV is more important.
3. Is SUV more important than Seats 7? No, Seats 7 is most important.
4. Is Seats 7 more important than DVD player in Back? Yes.
5. Continue comparing until you have the one that is more important than the rest.
6. Put a “1” by that quality.
7. Begin the same process using “Blue.”
8. Continue until you have your list ordered.

**You may be surprised at what your top 5 qualities are!**

**Keep this exercise to remind you of the real qualities you want in a new partner while searching for one.**

**The best way to find out what a person values most in their lives, is by asking them relevant questions that will show their true characters. Best to do this at the early stages of your new relationship, before you commit yourself seriously to that relationship.**