

How to Find and Recognize Your True love. Module 2. Lesson 16. Additional Resources.

My partner is the ideal person for me.

My partner is my best friend. We are a good match. My partner brings me happiness, joy, and a vibrant and fulfilling life. They are everything I desire in a mate.

Our belief systems are aligned with each other. We have a unique spiritual connection. We have similar hobbies, passions, and goals.

My partner and I have unique differences that complement each other. I view each difference as a special gift. **We draw attention to each other's strengths.** My partner boosts my confidence and self-esteem, giving me the strength to see past my flaws.

I communicate well with my partner. I provide valuable input into our conversations so we can resolve challenges together.

My friends and family approve of my partner too. I appreciate their support and show my gratitude.

Today, I recognize the wonderful role my partner plays in my life. My partner is good for me because we complete each other. We find joy in each other's accomplishments. We share difficulties to lighten the burden.

I look forward to a bright future with my partner.

Self-Reflection Questions:

1. How can I keep my relationship with my partner secure?
2. How can I keep our chemistry from fading to complacency?
3. What can I do to support my partner's hopes and dreams?