



Your Personal Template

Rhodes-Harvey Introductions

Here is your personal partner template with some added questions to help you discover what YOU really want and why you want the relationship you feel is missing in your life. FIND THE MAN YOU DESIRE: is a topic I cover in my book so before you begin to actually go through, relax, open your mind, and take your time to think about the questions that don't automatically shout the answer at you. Sometimes when we are at period of growth or embarking on one, we may not always feel clear about certain aspects. This is designed to help create some criteria for an *ideal* partner, although in reality, I try to steer people away from IDEAL, PERFECT OR LISTS as it usually conjures up something that can mostly only be achieved when we're in our twenties when everyone is fairly equal or in Fairy Tales.

The idea is to create a livable and working partnership with someone you can love and respect, not to produce an 'IDEAL' that no one can ever live up to 24/7, let alone start to find. It's all based around the genetics and psychology of attraction. Which is HOW we all choose partners, but MOST are just not aware of it, it is as automatic as breathing. Which will be demonstrated as you work through.

I'm going to start by giving some BACKGROUND facts and information, which hopefully will get you thinking. In private coaching, I've noticed that "Ideal Partner" lists generally follow a predictable pattern. Both men and women want a certain age range, plus a few generic good qualities like "Sense of humour" "Loyal" which everyone wants and no one could argue with. But SOH can only be determined by YOU, and Loyal can only be determined after a while, the former is a subjective quality which cannot be produced like height, colour of eyes, etc.. Keep your subjective's and tangibles in mind ..AND separate.

Women usually look for "Financially secure" or "wealthy, (expressed more politely and subtly as "Well-educated," "Ambitious," "Strong and Successful" or coded by specific professional preferences). Men usually want "Sexy" "Feminine" "traditional values" (expressed more politely as "Good Figure" or "Attractive," "Not a Feminist" or coded by specific height/ dress size criteria). How often do women see a MAN pin-pointing the size 10 as the pinnacle of perfect or women stating height.

When coaching this pattern provokes lots of remarks. Women accuse men of being superficial, wanting some fluffy bunny model type woman (or worse), and Men see

women caring more about success and money than the man. Hardly ever does anyone question, "where this pattern comes from?"

The reason women seek financial security or look for successful men, are the same reasons men want a sexy feminine slim(ish) caring woman is biological. For the first million or so years of human existence, a man's role was to father as many offspring as possible and protect them from sabre-toothed tigers. If a woman was able to have many offspring, and nurse them all, and she had picked a strong man who could protect them, off spring survived. It's genetics!

In the Cro-Magnon "singles" world, women looking for strong, and men looking for sexy healthy women were the ones who perpetuated our species, and they passed along and reinforced these preferences over countless of generations. Fighting Saber-toothed tigers may have vanished 10,000 years ago, but even this is not long enough to change the natural instincts men and women have been programmed to have.

The answer, of course, is to understand that these instincts exist, and they cannot be changed. However, they don't have to rule our lives, we just need to learn how to work WITH THEM.. The successful, well- paid woman doesn't really NEED a killer executive husband for security, she could in fact be with a man who earns less where she's the significant bread winner, as she might actually be blissfully happy with a sweet artist who's totally supportive of her career and adores her.

KEEP IN MIND: when going through YOUR EXERCISE LIST, that a successful politician, CEO or Investment banker whose success is attractive and draws you to him like a moth to a flame, may not be a paragon of sensitivity, emotional intelligence or warmth, and are more likely to stray.

For women; this programming goes beyond biological. You've probably heard "It's just as easy to fall in love with a rich man as a poor man."

The problem is, being married to a wealthy man may not be all it seems. because they are driven by challenges and you cannot remove that by being in a relationship. I always say to women the MOST important factor to look for is EMOTIONAL INTELLIGENCE as without it - all the money, power in the world will render your relationship empty and loveless.

Accomplished men are usually alpha males, highly driven and goal orientated - NOTHING wrong with that, but ladies need to understand as powerfully attractive all that might be in the beginning, it may not provide the long term emotional anchor you seek. Men like this may be compulsive workaholic types, who could end up totally impossible to live with. Yes, you may end up with a charismatic man , but may learn those words of wisdom: " Money can't buy you love or happiness."

I'm **not** suggesting you don't look for a partner who demonstrates ambition or drive, who's successful, just be careful you don't put together criteria that looks like a *CV of the ideal employee*..

Often women who have spent years being career orientated, from corporate backgrounds, list qualities that have a tendency to be more commodity based. I WANT to help you RE-CONNECT with your EMOTIONAL SIDE so you make choices on the elements of true happiness in a relationship.

I HOPE THIS IS MAKING YOU THINK ABOUT THE PRO's AND CON's of your list. That is exactly my purpose. You're the one who gets to decide, and ***there are no absolute "right" or "wrong" preferences*** -- only what's right for you. While you're mulling over all the enticing attributes of an ideal partner, let's move on to you.

LETS BEGIN.....

- 1. Why do you want a relationship?**
- 2. What would a man bring to your life?**
- 3. What would you bring to his?**
- 3. What kind of relationship do you want?**
marriage , companion, 24/7 live-in; or a totally committed relationship where you both keep your independence and share your homes but still have days to yourself - OR any other kind of relationship that YOU feel would make you happy?

Most people only have ONE very conventional view of what a relationship is - but there are many, and we must first know what suits us before we can even attempt to bring someone into our lives.

Part One:

Lets create a realistic partner criteria. Achieving any goal has a lot to do with being able to visualize the goal. Great sportsmen or women visualize themselves crossing the finish line first, getting a hole-in-one, or winning Wimbledon. Or scholars becoming professors.

However, it may be difficult to visualize success in love, especially if your previous relationships didn't provide a good platform for what you are looking for. Or you've not yet experienced any long term relationship. So I'm

going to give you a step-by-step guide for putting together some criteria, to help you achieve a positive relationship visualization. It will certainly be a process of self-discovery, and along the way, you may discover some preconceptions and misconceptions which may have affected your search for a relationship in the past, and perhaps how you always end up with same type of guy..

THIS involves some homework, either print this out and get a pen and paper or do it on your computer. It's your OWN "Potential Mate Guide." so you decide.

Don't worry the exercise is not about gaining marks or grades. FIRST take a LOOK at the following exercises , and then start to answer the questions and see where they lead. I guarantee it will OPEN up how you think and may be help you define better what may or may not suit you.

Part Two:

Now for the writing down/ typing a "Partner wish list" for your ideal partner. Following Exercise One to exercise 7 below will help you define this, and explain WHY we choose the way we do.

Since this Guide is for you only, be totally honest. Have fun. Even describe your ultimate fantasy partner if you wish.. you can always tweak later .

I'm not suggesting you design a MAN, or believe you can bring George Clooney into your life. I don't want YOU to limit your choices!" but I do want you to see how completing the exercises criteria should **not become stone tablets**; they're meant to change and evolve , they are mere GUIDES to help you to SEE what you thought might be ideal, may not be, as I will demonstrate as we continue, and how a lot of us make lists that could resemble a CV or a shopping list.

Part Three:

These lists will work for everyone.

Even if you feel you're experienced at love, you can still benefit from some reflection and note-making on what you've learned through your relationships, or not as the case may be. Making these notes will identify IF certain patterns are repeating themselves, which might help prevent future mistakes in choosing a partner.

Learning to be wiser about relationships doesn't make them any less romantic. Neither does it mean you don't open up to someone because you're racked with fear of rejection. When that right person steps into your life, "chemistry" takes over, and IF you're emotionally healthy you will risk the rewards against rejection or failure.

Just remember you want to find someone WHO may be closer in terms OF what will make you HAPPIER in Love. So whether you start this with just FUN in mind and create a fantasy partner , YOU will learn more about yourself and perhaps get a real insight into what MAY or may NOT be key for you..

Avoid writing down something just because it reflects society's IDEALS of what a PARTNER should be; such as the MAN should always make more money than the woman." The LATTER suggesting you should concentrate on inner qualities rather than things like physical appearance and social status. But play around with it, see where it takes you..

Exercise 1: My Ideal Partner

Personality traits:

Looks and Age:

Exercise 2, Partner Qualities

Good personal qualities What makes a good partner List all the good qualities that you have to offer a potential mate. It's also good for your self-esteem and will help you crystallize exactly why you deserve a special person in your life. If you have trouble making a list, get a good friend to help.

Be sure not to LIST, successful, speak several languages, driven, dynamic, anything that remotely touches upon your professional qualities. Try to list your "Own Personal qualities." You may not think that making your own bread or writing poetry, studying exotic plant life, painting, interior design or love of animals would seem important but MEN look for the softer side of a woman, which can make you really attractive when combined with your intelligence and success, but you do need to demonstrate the "whole woman" and not just the professional one..

Exercise 3:

Why do you think you would be a good partner, what feminine traits do you have? try not to bring any feminism into this:

Very often we want to be judged on "internal qualities" our warmth, affection, supportiveness, etc., but often females select first on the basis of "external qualities" -- tall, fit, strong, dynamic, sexy and successful. So compare your first and second lists. Does this apply to your lists?

Either way, I'm sure you have a list of good qualities. No one's perfect, though, so in the next Exercise , I want you to list some of the imperfections that make you human. This list, of course, doesn't have to be as long, but see how objective you can be about yourself. What you write down is just between you and I

Exercise 4: Why I may not be such a great partner/ wife

When each of us finds someone who will love us for our good qualities, we naturally expect them to put up with our "other" qualities as well.

Okay, when you find your "Mr. Perfect," they won't be. Perfect, that is. If you keep looking for someone perfect, you'll only KEEP questioning and adding to this perfect list that will prevent from actually LOVING and being LOVED.....

Imperfect is inevitable, part of us all. The key question is: what are you willing to put up with and what are you not willing to put up with?

The answers to that question will become your threshold Standards for a relationship. And the sooner you establish them, the better. If you wait until you're lost in the heat of passion, it's too late. Start by listing, in the next Exercise, some likely imperfections you are willing to put up with.

Exercise 5:

Five Things I Don't Like But Could Learn to compromise on for the right person. now that you've shown flexibility and a spirit of compromise, it's time to get tough. What are you not willing to put up with? (example: smoking- drinking if you're tee-total) YOU decide it's your template.

Exercise 6: Five Things I Couldn't Compromise On Under Any Circumstances

Five Things YOU Can't Live Without

The last step in setting your standards. Instead of thinking about what you can't stand, now's the time to think about good qualities that are important to you in a potential partner -those qualities that are so important, you absolutely must have them.

Try NOT to list things which would restrict a partner from being themselves or that are transient, clone creating, hobbies spring to mind. EXAMPLE; Things like being a vegetarian, Non-Smoker or Tee-Total IF really key for you would be good things to list as these are areas that are unlikely to change as they are part of someone's core self ...You may want to review the qualities you've already listed in Exercise 1, your "Ideal Partner ," and simply pick the most important. Or you may want to test yourself a little, by first writing down what you now think is most important after having completed the intervening exercises, and then check **this list against 1.**

Excellent! You now have your own private "Partner Selection Guide." These lists, and the thought process which went into them, can help you in many ways. When you meet someone new who seems to be interested in you, you'll have a basis for determining IF they fit some of your criteria MORE clearly.. NEVER waste time on men who you feel don't have the same relationship goal, regardless how attractive or the qualities he has. FACT: VERY few men change their mind about being in a committed relationship IF they are NOT looking for that.

Too many women waste time on men they think will be right for them, or LOOKING for men to fit some kind of blueprint that stems from their youth and they're in their 40's or 50's. And where commitment is concerned. HOW MANY TIMES have you seen a woman GIVE a MAN an opportunity to GROW into the relationship - and he never does. It rarely happens, so if you're 25, may be you have a little time to experiment, but if you're over 40 and really want something special and rewarding then FOCUS on what **you** want. It is NO different to being focused on that degree you wanted, if you don't focus on it, you will fail to get anything in life worthwhile. This is EXACTLY the same. Women have a very small window for having children, and women at the other **end of the spectrum** have to be **specific in setting boundaries** so time wasters don't emotionally exhaust you in the process of finding the relationship you desire. If you don't know what you want, or state what you want then you leave yourself wide open to emotionally unavailable men, players and men who take your self-esteem as they take over your life. So don't let anyone WASTE your time, they CAN waste theirs, **but NOT yours! Don't go on useless dates with men who do not present with the same relationship goal, they may be fun, but they won't give YOU what you want.**

You now have a guide to help you decide whether or not to show an interest in a person, you should now have some idea as to what kind of relationship could ultimately fulfil you in the way you would like. Aim for balance in decision making, don't act the Geisha, otherwise you may end up being treated as someone who can be traded off for someone who may present more challenges, an opinion, someone who will not just follow, but someone who has a voice and doesn't say " Whatever he wants to hear" Supporting yes, but not pliable and voiceless. **ASK questions**, okay some men may find it a bit direct if you ask after 2 dates what he's looking for relationship wise, then FINE, you'll know you're wasting your time IF, **one:** he clams up and changes the subject. **Two:** he makes light of it but vanishes and you never hear from him again **OR Three** : he's grown up enough to appreciate your honesty and integrity, admires that YOU know what you want, looks you in the eye and ANSWERS you. .

Please throw away any list you have of the perfect partner, other wise as soon as you meet someone genuine you will go through that list and tick off everything that doesn't match that list, not quite tall enough, the tie is not right type or colour, don't like his watch, he lives 10 miles further away than I would like. He has younger children than I would like, he's divorced, what's wrong with him. He doesn't go the right clubs or he loves golf and you hate it.

I hear these types of "excuses" often, and basically a lot of the time it's people being afraid to move slightly out of their own comfort zone, to explore some differences. Providing you have the SOUND core elements in tact, so you share a similar socio-economic background which usually brings about similar core values, family values, educational level, similar achievements in life and relationship goal, you can deal with anything else. Hobbies and interests, colour of ties are transient - they can all change. Children grow -up, and 100 miles is nothing when there is chemistry and a real connection so don't limit your opportunities. Have an open heart and mind and you will find someone you can build a lasting relationship with.

I suggest you re-visit these lists from time to time and change them as your experience dictates..

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