

## Choosing a Worthy Partner and Being a Worthy Partner

You may think that becoming a person worthy of love (or friendship) is an enormous undertaking, but you will be surprised at how easy it really is. You don't have to change your personality or your essential nature. You can still be the "real" you, recognizable to yourself and others. It is that you will have made a decision to take *actions*, sometimes big action, sometimes very small actions, that honor your life and honor the relationships that grace your life.

You might start with making a list of the (1) qualities that describe people and (2) those that are important to you about someone else. Using the spaces below, list *ten categories* or life domains with which you would describe a person. You can make up your own, or you can use the examples suggested here. Then specify what you would want that person to be like in terms of that dimension.

### Ten Life and Personal Domains

Examples: looks, level of education, capacity for devotion, physical activity, interests, intellectuality, personality type, emotional maturity, family situation (children, etc), spirituality/religion, level of accomplishment, sophistication in a particular area (specify).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Qualities You Would Value in a Partner. For each of the ten areas above describe what you would most value in someone who might be a partner for you.

Examples: healthy good looks, training or experience in something they care about, able to fully commit, some athletic interests, sociable but also introspective, no children at home, any religion OK, financially stable, competent to solve problems and deal with new situations.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Your Self Rating on the Above 10 Traits

Make a list of 10 of *your own attributes* which specifies how you measure up in each of those specific areas.

Examples: If you would like someone who is “caring and nurturing,” then ask yourself are *you* capable of being caring and nurturing? If you would like a partner who is athletic and attractive, ask yourself if *you* are athletic and attractive. If you would like someone who is financially stable ask yourself if *you* are financially stable.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Mark those areas where you have noted a difference in what you want and what you have to offer. Take a hard look at your own self-evaluation. Do you have exciting or meaningful work or activities? Have you got too much financial debt? Are you nurturing? Have you put on too many pounds? Do you remember people’s birthdays? Do you have a group of interesting friends? If you find that there are areas where you have overlooked your own lack of desirability, then make a commitment to work on those areas. *Make a list of ways in which you could be a better friend, a better lover, and a better partner.*

A simple example is being a better communicator. Let’s say you don’t remember to keep in touch with people and to make a point of catching up with friends periodically and you don’t initiate getting together with them very often. You don’t have to transform yourself into a social butterfly, all you have to do is make a commitment to yourself that you will call certain people and get together with them fairly regularly. This is a change of habit in large part. In addition, many people have trouble maintaining relationships and communicating regularly because they are alienated from themselves and others and feel “less than.” Being a good communicator will be based on your new set of recovery beliefs about yourself. You will now realize that you are a good and decent human being and you deserve to have good friends, but the old habit of not keeping in touch with

people still needs to be consciously looked at and consciously changed. Changing an old habit sometimes takes some effort but it is not mapping the genome. It's just a matter of practice.

Lastly, make a plan to make changes in yourself to better conform with what you believe is good and valuable in a person or a partner. List however many goals you have and commit to making those changes. Be sure that the changes you commit to will be things that enhance your life whether you have a partner or whether you are single. If you work on becoming a person you like then no matter what happens with your “star search” for a partner, you will be making things better and more satisfying for yourself.

### Worthy Partner Goals

Examples: I will get a better work situation and get out of debt; I will reconnect with my brother, I will work on paying more attention to my close friendships; I will lose 10 pounds; I will be more flexible.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Action Plan

For each of the goals you described above, write a set of specific actions you will take to achieve that goal. Try to give at least two or three specific things you can do right away. This may take some thought.

- Goal # 1 Action Plan:
  
- Goal #2 Action Plan:
  
- Goal #3 Action Plan:
  
- Goal #4 Action Plan:
  
- Goal #5 Action Plan:

