

# CREATE -A- MATE

Dr Love's Blueprint for  
Discovering Your Ideal Partner  
& Avoiding Incompatibility

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**TILL DEATH DO US PART  
(UNLESS I KILL YOU FIRST)**

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## **CREATE A MATE**

If you are not in a relationship currently, use this guide to define your ideal partner.

If you are re-entering the dating scene following a break-up, use this guide to help you re-define your ideal partner, to choose a better partner for you this time around.

If you are re-entering the dating scene following the death of a spouse, use this guide to help you clarify the traits that you currently seek in a partner. Perhaps you will want to choose someone similar to your deceased spouse and perhaps you will discover that you would like a partner with different traits.

If you are married or in a committed relationship, use this guide to help you examine whether your current partner is truly ideal for you.

### **WHO IS YOUR IDEAL PARTNER?**

Stop playing Russian roulette with your heart.

Spare yourself the heartache of dating--or worse--marrying the wrong person.

Can You Tell Mr. or Ms. Right from Mr. or Ms. Totally Wrong?

What if you met Mr. or Ms. Right and didn't know it...Or worse, walked right past him/her!

As long as you have eyes, you know what type of person turns you on..but physical attraction is only skin deep and isn't enough to guarantee lasting love. Don't leave your love life to chance.

One of the greatest obstacles to choosing your ideal mate is not knowing what type of person is right for you!

This guide will help you create the profile of your ideal mate, the partner of your dreams. Knowing who is right is your first step on the path to lasting love!

Be as detailed as you can in describing your ideal mate.

When you are done, print your answers and post them on your fridge and bathroom mirror.

Reread your answers every day. This daily affirmation has worked like a charm for many of my patients, who are now happily married. Now let my guide work for you!

Let's begin by finding out what your ideal mate's physical traits are.

### **Physical Traits**

1) Describe the physical characteristics that appeal to you, including hair color, height, body type, the way your ideal mate moves, whether he/she is athletic or not, and whatever other physical qualities you can imagine.

Your Ideal Mate's Overall Appearance Is:

His/Her Hair Color Is:

His/Her Body Type Is:

He/She Moves This Way:

His/Her Build Is:

He/She Also:

***Great, Now Let's Talk About:***

## **Income**

1) Describe the type of work your ideal mate does, how much he/she earns, the hours per day that he/she works, whether your ideal mate owns a business, is a professional, paraprofessional, artist, or manual worker, and whether he/she works days or nights, whether the work involves travel, and anything else you can think of.

He/She Works As A:

Business Owner

Professional

Paraprofessional

Artist

Manual Worker

Stay At Home Dad/Mom

Other

He/She Earns:

His/Her Work Hours Are:

His/Her Work Involves:

Travel

Home Office

Weekends

Entertaining

Anything Else

He/She Also:

***Good, Let's Go On To The Dreaded:***

**Financial Matters**

1) Describe how your ideal mate handles money. Is he/she frugal, a big spender, does he/she max out credit cards or not, does he/she like to save, and if so how much does he/she believe in putting aside? Does he/she keep organized financial records? Does he/she invest or not? Would your ideal mate have a problem if one of you earned much more than the other?

He/She Handles Money:

Frugally

Is a Big Spender

Intelligently

He/She Handles Credit Cards:

He/She Saves:

He/She Puts Aside For A Rainy Day:

He/She Invests:

He/She Doesn't Mind If I:

Earn more money

Earn less money

Don't work outside the home

Anything else

He/She Also:

***Ok, Now For A More Pleasant Subject:***

**Leisure Activities**

1) Describe how your ideal partner likes to spend free time. What are his/her hobbies? Are his/her hobbies the same as yours? How much time does he/she like to spend with family and friends, and how much time does he/she spend with you? How does he/she like to spend weekends, nights off, etc? Be as specific as you can.

He/She Spends Free Time Doing:

His/Her Hobbies Are:

He/She Likes To Spend Most of His/Her Time With:

Me

His/Her family

His/Her friends

He/She Spends More Time With:

He/She Spends Weekends:

He/She Spends His/Her Nights Off:

He/She Also:

***Now For The Good Stuff:***

**Travel/Vacation**

1) Describe the type of vacation and/or travel that your ideal mate prefers. Does he/she like to vacation at home or away? Does he/she like to vacation with family and/or friends or alone with you?

The Type Of Vacation He/She Prefers Is:



He/She Prefers to Travel Or Vacation With:

***Good. Now Get Out Your Football Cleats and Let's Tackle This Subject:***

**Physical Activity**

1) Is physical activity part of his/her life? If so, how often does he/she engage in working out or playing sports? Does he/she like to watch sports on television, and if so how often?

For Him/Her Physical Activity Is:

He/She Is Physically Active (Time):

For Him/Her Television Sports Are :

As essential as mother's milk:

Take it or leave it:

Of no interest:

Anything else:

He/She Watches Television Sports:

He/She Also:

***Ok, It's Time To Get Down:***

**Sexual Habits**

1) Describe sex with your ideal mate. Spell out the frequency, the type of positions, the locations, the birth control, if that applies, whether your mate is sexually faithful or not, and anything else you can think of.

When We Have Sex Together:

We Have Sex:

All the time

Frequently

Sometimes

Not often

Anything else

His/Her Favorite Positions Are:

His/Her Favorite Locations Are:

He/She Feels This Way About Birth Control:

About Sexual Faithfulness, He/She Feels:

He/She Also:

***Great. Now We'll Go From The Heavenly To The HEAVENLY:***

**Religion**

Is your ideal mate religious? Does he/she go to church or not? Does he/she belong to a specific faith? Is he/she spiritual? Does your mate share the same religion or spiritual beliefs as you do? Write down everything you can describe relative to his/her religious and/or spiritual practices.

When It Comes To Religion He/She:

As Far As Church Is Concerned, He/She:

His/Her Spiritual Beliefs Are:

He/She worships:

He/She Also:

***You've Survived Finances, Sex, and Religion, Now Let's Explore:***

**Togetherness**

How much time a day does your ideal mate like to spend alone? How much time does your mate want to spend with his/her own friends? How much time does he/she spend with you? How much time does he /she want to

spend with his/her family and yours? Be very specific in fleshing out your answers to these questions.

As Far As Alone Time, He/She Needs:

When It Come To His/Her Friends:

Now For The Most Important Factor...You!

From a Time Standpoint, He/She Spends \_\_\_\_\_ With Me:

From a Time Standpoint, My Partner Spends \_\_\_\_\_ Time With His/Her Family:

From a Time Standpoint, He/She Spends \_\_\_\_\_ With His/Her Friends:

***Wait A Second...Do I Hear Someone's Biological Clock Ticking?***

**Children**

Does your ideal mate want children? Does he/she have children from a previous relationship or not? If so, how many. Does he/she accept the children that you have had from previous relationships?

With Regard To Children, My Mate Wants:

With Regard to Children, My Mate Has:

(If He/She Has Children) As Far As I'm Concerned, His/Her Children:

(If You Have Children) As Far As My Children Are Concerned:

***That Was Easy In Comparison To The Next Subject:***

**Childrearing (If This Applies)**

If children will be in the picture, then is your ideal mate a strict disciplinarian. Does he/she believe in physical punishment or does he/she reward and praise good behavior. Will your ideal mate set proper limits?

He/She Deals With Our Children This Way (If Applicable):

My Mate Deals With His Children (If Applicable):

My Mate Deals With My Children This Way: (If Applicable)

As Far As Being Strict With The Kids, He/She: (If Applicable)

As Far As Discipline, He/She Believes: (If Applicable)

With Regard to Physical Punishment, He/She Thinks That: (If Applicable)

My Mate Thinks Rewarding Good Behavior Is: (If Applicable)

With Regard To Setting Proper Limits, My Mate: (If Applicable)

As Far As My Mate Is Concerned, the Children Should Treat Him/Her:

As Far As He/She Is Concerned, the Children Should Treat Me:

My Mate's Priority, As Far As The Children Are Concerned Is:

He/She Also:

***Congratulations, That Wasn't Easy. The Next Topic Is Harder!***

**Conflict and Problem Solving**

Does your ideal mate like to work problems out or sweep them under the rug?  
Does your partner yell when he or she is mad, walk away, or handle problems in a calm way?

He/She Works Problems Out This Way:

When It Comes To Sweeping Problems Under The Rug, He/She:

As Far As Yelling Is Concerned, He/She:

When My Partner Gets Mad, He/She:

I Admire When He/She:

My Partner Also:

***You Accomplished That Section in Record Time. Now Let's See How Well He/She Communicates With You.***

**Communication**

Does your ideal partner like to talk about feelings and problems or not? Is he/she a good listener or not?

With Regard To Talking About His/Her Feelings, He/She:

When It Comes To Listening To Me, He/She:

When It Comes To Listening To Others, He/She:

I Appreciate The Way He/She:

***Man Your Ideal Man or Woman Is Looking Good...Now Let's See How He/She Feels About This.***

**Attitudes and Beliefs**

Does your partner have liberal, moderate or conservative political, religious, and/or sexual attitudes? For example, does he/she approve or disapprove of premarital sex?

Politically Speaking, He/She:

Religiously Speaking, He/She:

His/Her Attitudes About Sex Are:

With Regard To Premarital Sex, He/She Feels:

Racially Speaking, He/She Believes:

***You're Almost There. Just One More Area To Cover...And This Is A Biggie!***

**Personal Qualities**

Describe your ideal mate's personal qualities (using adjectives). For example, is he/she outgoing, shy, soft spoken, quiet, forceful, ambitious, proud, humble, kind, generous, sensitive, sweet, conservative, liberal, brave, thoughtful? Use as many adjectives as you want to detail



your ideal mate.

If I Went To The Dictionary, And Looked Up “My Ideal Mate,” His/Her Biography Would Say:

**There, that’s it. You've Done It!**

It was not an easy process, but you have created your ideal mate, the mate you long for.

The significance of this exercise is more than first meets the eye.

Knowing what type of mate is right for you is going to make it so much easier for you to find YOUR Mr. or Ms. Right.

From now on, you will see view those who don't fit your ideal mate profile, not as "rejects," but as partners who are right for another person in your neighborhood who is creating her own unique ideal mate with me after you and I get done!

Your Ideal Mate is out there....in fact according to statistics there are 10,000 people worldwide who possess the right qualifications.

(I just had a thought...Why don’t you do this exercise again and describe yourself.

The exercise of defining who you are will make it easier to communicate your traits to the partner you find!

Remember to print out your completed Create a Mate guide. Post it and read your ideal mate profile every day.

This will help move things along faster.

And by the way, ... while you’re waiting for your ideal mate to appear, you have time to “get dressed,” so to speak and become the best you that you can be. Do your Psychological Check-Up, test your Relationship IQ. Above all read my book [Till Death Do Us Part \(Unless I Kill You First\)](#) to get a head start on healing any wounds that may still be lingering and which could bite your new relationship in the butt!

If your ideal mate is not in your line of vision right now, it only means you need time to prepare for him.

Besides, you want to be as relationally healthy, together, and strong as you can be for this one.

The guide you have just completed has helped you define your ideal mate's traits, values, and interests. Keep in mind that the more your values and interests are similar to those of your mate's, the more compatible you will be--meaning the more likely it is that your love will last a lifetime.