

## *Choosing Your Partner: A Questionnaire*

[Print this page out and complete the top part, before going on to the bottom part. . . ]

As a little kid and when you were growing up . . .

1. Write the negative characteristics of your mother and your father,  
e.g. did not listen to you. [A]

2. Write the positive characteristics of your mother and your father,  
e.g. kind and smart. [B]

3. What did you want most as a child that you did not get?  
e.g. appreciation, approval, acceptance, love. [C]

4. Write three positive memories from childhood and what you felt,  
e.g. music class project and felt pleasure. [D]

5. Write any recurring childhood frustrations which occurred in your family or  
outside of your family and what you felt and did,  
e.g. rejection and felt horrible and withdrew. [E]

[Once you have completed the above section, go on to this section.]

I am trying to find a person who is, or I have found a person who is,

A [are characteristics for either of your parents],

In order to get them to be

B [are the characteristics for either of your parents],

So that I can get

C [are those things you wanted but did not get],

and feel,

D [are the responses you felt]

I stop myself from getting this sometimes by

E [are what you felt and did]