

This was originally
written to our
Daughter Rebecca
and our Son Noel

Dearest Adam and Eve:

Here is an important question I am sure will come to your mind in the near future. How do you know that you are choosing the right husband or wife?

As I sit overlooking the wonderful ocean on our holiday, I think of you both a lot. I remember the times when we dragged you along on holidays as our young children. Now, mature and independent, you make your own holiday plans. You are at a wonderful stage of life and I feel very proud of you. Yes, I admire how you have developed in character, maturity, and independence.

You both have become competent individuals and for that, I am very grateful. You have learned to make good decisions in your education, careers, and friendships. God has spared you many mistakes and you have learned from the mistakes you made. For all of this, as your father, I am most grateful. I believe that with God's help you are prepared for the bright and wonderful future ahead of you.

The coming years will bring great opportunities and emotional growth. This comes as you may choose your life partner. While many jump into this at a much younger age I am glad that you are leaving this matter to a more mature stage of your life.

A question you sometimes ask is, "**How do you know that you are choosing the right husband or wife?**" We often joked about "the list" that I made to help me find your Mom. I never showed you my list, in part because my list was the wrong list to use for this purpose. It

was a shallow list of what I wanted to have in a wife. In a way, I wish someone would have counselled me differently. I believe this could have saved your Mom and me many problems. Let me explain:

1. My list was based on the positive aspects of what I wanted in a wife and neglected the fact that no one is perfect. I never considered how I will relate to the imperfections that come with an imperfect marriage.
2. My list did not consider the positive or negative aspects that I bring to a marriage and how I communicated this to a potential marriage partner.
3. My list was confidential and did not allow me to discuss my expectations or understandings with girls I was interested in. In a way, your Mom and I each played to hidden tunes of expectations that were not clearly communicated or may have been sometimes misunderstood.
4. My list did not address the most challenging part of our attraction in marriage. **Opposites attract.** Yet, the same opposites that attract us during courtship become points of stress and conflict. I wish I had written down how I felt about our differences. **You see, most of us are more ready to accept what we acknowledge and what we agree to remember.**

In a way I wish instead of a list of what I wanted in a marriage, I wish I had a list of questions or statements that Mom and I would have discussed. If we had discussed and documented our common attractions, opinions, and differences, I suspect our conflicts could have been easier to resolve.

On the surface, our marriage appears to be almost perfect or much better than most. **And thank God, I truly believe it is.** Yet, I must tell you honestly that if it was not for our commitment to God and to the vows we have taken, our marriage may not have survived. You are mature enough to understand that if it was not for God's help and the services of good professional counsellors our home could have been a hard place for you to grow up in.

You may ask, what are the questions you should discuss with a special someone if and when you find him or her? The questions or statements are varied and highly dependent on the state or stage of your relationships. On the following pages, you will find a list of questions and statements that may be helpful. These I edited based on material I got from a friend who teaches a pre-marriage course given by the Catholic Church¹. These questions are in groups reflecting the areas that cause the most success and stress in a marriage. **These questions or statements are ONLY thinking and discussion tools.** They are written to apply to a variety of situations. Some may not apply to you. Feel free to skip them. I hope you may find them helpful and if you wish share them with some of your friends as well.

Why do I believe this is most important?

First, it is important because I love you and care about your future more than anything else. Second, as you know, over the past years Mom and I have been seeking to help married couples. This along with our own experience leads me to believe that most couples come to this critical life stage uneducated and unprepared. Even those who may have had

pre-marriage counselling seldom document their thoughts and feelings in a manner that they can refer to it in times of stress or conflict.

Life challenges and stresses lead us to neglect our commitments and forget the basis on which we take our marriage vows. In times of painful conflicts, it is easy to forget the good reasons for which we chose our marriage partner. Inadequate as it was, my list has sometimes helped me remember the positive qualities that attracted me to your Mom and what made me believe she was the one I wanted to be committed to for the rest of my life.

Apart from your relationship with God, choosing your life partner is the most important decision you will ever make. Words can not express how much I love you both. In the past, I have often been willing and able to help you make good choices. This is one place where I feel most helpless. So, I hope this list, which was compiled mostly by those more competent than I, could be a tool that God can use to help prepare you for a very important and exciting stage of your development.

There is a great promise that God gives in Jeremiah 29:11. It says, "I know the plans I have for you, declares the Lord, plans to prosper you and not harm, to give you a hope and a future". I do not doubt that God has a wonderful plan for your life. My prayer is that you will always ask God to show you the plan he has for you in this most vital stage of your development. I hope that you will be wise as you follow His leading.

Loads of love,

Dad

¹ This was originally written by **Baha Habashy** to our Daughter Rebecca and our Son Noel.

Overview

The following survey material is edited from **FOCUS² (Facilitating Open Communication, Understanding, and Study)**, a survey used in a pre-marriage course given by the Catholic Church. The objective is to facilitate open communication and understanding as interest and intimacy develop between couples who may be candidates for a lifelong marriage relationship. **This material is ONLY thinking and discussion tool.** There is no right or wrong answer.

How to use this tool

- The design format allows you to indicate your opinions on a score that reflects **how you feel at a specific point in time** about a special someone. Where **(S)** is used it refers to someone you may be interested in as a potential marriage partner.
- Examine the following statements and honestly respond **only** to statements that apply to you and at the present stage of your relationship with **(S)**.
- Update your opinions as your relationship develops or as you become aware of more informed opinions.
- If needed, explain your opinions and feelings on additional papers referring to the statement number for reference.
- If and when appropriate, ask **(S)** to engage in a similar exercise. Record **(S)**'s answers in the **gray shaded** right-hand column. Compare and discuss your answers honestly.
- Should your discussion result in conflicting opinions, **consider this an advantage.**

²Based on **FOCUS (Facilitating Open Communication, Understanding, and Study)**, a survey used in pre-marriage course given by the Catholic Church.

Conflicts are easier resolved and documented before marriage than after.

- **It is STRONGLY recommended that as early as possible before marriage** couples seek appropriate professional counselling to help them review their answers and seek appropriate preparation for the exciting journey of marital relations. **This is the most important investment you will ever make in your future.**
- After marriage, you may find this list helpful as a **marriage tune-up tool**. Take time to rehearse your discussion, reaffirm your commitments and seek ongoing professional help. This is a most valuable resource in avoiding the pitfalls that lead to a marriage breakup.

The statements are in following groups and related page number:

General Character, Values and Faith – Page 4

Emotional Needs and Time for Each other - Page 7

Sexual Feelings and Attractions- Page 8

Money and Economics - Page 9

Duties and Shared Responsibilities - Page 10

In-laws and Extended Family - Page 11

Leisure Activities and Time Alone - Page 12

A Note On Character Attributes. - Page 13

Reflection Statements in Relationship to A Special Someone (S)

General Character, Values and Faith

Indicate to what extent you agree or disagree with the following statements: 5 = Strongly Agree and 1 = Strongly Disagree.	I STRONGLY					(S)
	Agree ←←←←→→→→ Disagree					
1. I know the key character traits that describe me and describe (S) and feel very comfortable with this. For more on this point see the note on the last page.	5	4	3	2	1	
2. There are certain behaviours or habits in my (S) which sometimes annoy me.	5	4	3	2	1	
3. The behaviour of my (S) sometimes frightens me.	5	4	3	2	1	
4. I am hoping that after marriage my (S) will change some of his/her behaviours.	5	4	3	2	1	
5. The use of some drugs (alcohol tobacco/marijuana nicotine) causes problems between us.	5	4	3	2	1	
6. I can only be happy if I am married.	5	4	3	2	1	
7. I am concerned that some factors (children, community, work, and personal fulfillment) may dominate our life together.	5	4	3	2	1	
8. I usually reach the goals I set for myself.	5	4	3	2	1	
9. I see myself as competent and confident.	5	4	3	2	1	
10. I see my (S) needing more confidence or self-esteem. This bothers me.	5	4	3	2	1	
11. I am not aware of any objections to our marriage.	5	4	3	2	1	
12. We agree that forgiving each other is essential to our marriage relationship	5	4	3	2	1	
13. I am uncomfortable with the amount my (S) drinks.	5	4	3	2	1	
14. My (S) usually respects the way I look at things.	5	4	3	2	1	
15. Drinking or using drugs causes my (S) to act inappropriately.	5	4	3	2	1	
16. There is no outside pressure on us to marry.	5	4	3	2	1	
17. I know exactly what makes my (S) feel loved and I feel capable and willing to express love in his or her love language.	5	4	3	2	1	
18. My (S) communicates love to me in the most wonderful ways.	5	4	3	2	1	
19. I am concerned that abusive treatment from my past will affect our relationship.	5	4	3	2	1	
20. We have identified the goals and ambitions that we share for our future.	5	4	3	2	1	
21. I find it difficult to say "sorry" to my (S) even when I am wrong.	5	4	3	2	1	
22. There will be little or no conflict in our marriage so long as we love each other.	5	4	3	2	1	

Reflection Statements in Relationship to A Special Someone (S)

23. I expect that our marriage relationship will change as we change over the years.	5	4	3	2	1	
24. How my (S) deals with change is a problem for me.	5	4	3	2	1	
25. My (S) and I seldom disagree about appropriate behaviour at social functions.	5	4	3	2	1	
26. My (S) and I agree about the times of day that are usually best and worst for each of us to communicate about important matters.	5	4	3	2	1	
27. We find ourselves disagreeing about the same issues over and over again.	5	4	3	2	1	
28. I am concerned that I am marrying too soon.	5	4	3	2	1	
29. There are qualities about my (S) that I do not respect.	5	4	3	2	1	
30. I am hoping that marriage will solve some of the major problems in my life.	5	4	3	2	1	
31. I sometimes feel that this may not be the right person for me to marry.	5	4	3	2	1	
32. I am ready for the many changes in lifestyle that our marriage will involve.	5	4	3	2	1	
33. I could not under any condition remain married to my spouse if he/she were ever unfaithful to me.	5	4	3	2	1	
34. I have some concerns with the way my (S) solves his/her personal problems.	5	4	3	2	1	
35. We agree on which traditions and customs each of us will bring from our families to this marriage.	5	4	3	2	1	
36. There are issues that my (S) will not discuss with me.	5	4	3	2	1	
37. At times I wonder if my (S) is honest with me.	5	4	3	2	1	
38. We have discussed the ways that our sexual relationship may be affected by our family planning method.	5	4	3	2	1	
39. I could accept the fact if my spouse were unable to have children.	5	4	3	2	1	
40. I have doubts that my commitment to this marriage is strong enough for a lifetime.	5	4	3	2	1	
41. I am clear on what attracts me to my (S)	5	4	3	2	1	
42. I am not clear on what makes me attractive to my (S) .						
43. My (S) appreciates what I find attractive and works hard to protect these qualities.	5	4	3	2	1	
44. Because I have experience from my previous marriage, I will have fewer problems adjusting to this marriage.	5	4	3	2	1	

Reflection Statements in Relationship to A Special Someone (S)

45. This is a second marriage; we have discussed the importance of starting our marriage in surroundings (house, neighborhood) new to both of us.	5	4	3	2	1	
46. We agree on the extent of our ongoing involvement in the church.	5	4	3	2	1	
47. My (S) and I agree that a sacramental church marriage means we intend to pledge love under all circumstances.	5	4	3	2	1	
48. I believe that our wedding ceremony should express Christ's presence in our marriage.	5	4	3	2	1	
49. We disagree with each other over many church teachings.	5	4	3	2	1	
50. My future in-laws are uncomfortable with my choice and/or practice of religion.	5	4	3	2	1	
51. Having a set of religious values to live by is very important in my life.	5	4	3	2	1	
52. Our marriage will put stress on my own practice of religion.	5	4	3	2	1	
53. My (S) 's spirituality (beliefs and lifestyle) will strengthen our marriage.	5	4	3	2	1	
54. I believe that to marry in the church we should be practicing our faith & religion.	5	4	3	2	1	
55. I have difficulty sharing my faith and ideas on religion with my (S) .	5	4	3	2	1	
56. I am comfortable asking my (S) to pray with me.	5	4	3	2	1	
57. At times I am troubled about my relationship with God.	5	4	3	2	1	
58. I consider a personal faith in Jesus Christ an important ingredient in our marriage.	5	4	3	2	1	
59. We agree on the need to support one another as we grow in faith.	5	4	3	2	1	
60. I am concerned because my (S) does not go to church as often as I do.	5	4	3	2	1	
61. I worry that my (S) 's participation in his/her religion will cause problems between us.	5	4	3	2	1	
62. We have discussed how we will handle religious customs and traditions with our children.	5	4	3	2	1	
63. I am concerned that differences in the way we understand the Bible will cause problems between us.	5	4	3	2	1	
64. We agree on ways we will worship together.	5	4	3	2	1	
65. I am concerned that I may have to give up my religious practice to avoid conflict between us over religion.	5	4	3	2	1	

Reflection Statements in Relationship to A Special Someone (S)

66. We have discussed and agreed on ways to make our differences in religion and enriching factors in our married life.	5	4	3	2	1	
67. Our inability to share common faith leaves me lonely at times.	5	4	3	2	1	
68. I am uncomfortable with the promises I am expected to make to be faithful to the church standard in marriage and the bringing up of our children.	5	4	3	2	1	

Emotional Needs and Time for Each other

Indicate to what extent you agree or disagree with the following statements: 5 = Strongly Agree and 1 = Strongly Disagree.	I STRONGLY Agree ←←←←→→→→ Disagree					(S)
69. I am nearly always relaxed around my (S) .	5	4	3	2	1	
70. Sometimes my (S) feels that I do not listen to him/her.	5	4	3	2	1	
71. I am concerned that past emotional involvements one or both of us had with others will negatively affect our marriage.	5	4	3	2	1	
72. I am concerned that our wedding may become too much of a "stressful production".	5	4	3	2	1	
73. I can depend on my (S) when I need emotional support.	5	4	3	2	1	
74. My (S) is a good listener.	5	4	3	2	1	
75. I would like us to change some of the ways we solve problems between us.	5	4	3	2	1	
76. My (S) and I seldom differ in our need to talk things out or to keep things to ourselves.	5	4	3	2	1	
77. I feel that I can express myself clearly to my (S) .	5	4	3	2	1	
78. My (S) and I agree that it is not healthy for us to avoid all disagreements.	5	4	3	2	1	
79. My (S) 's moodiness causes problems between us.	5	4	3	2	1	
80. My (S) is too controlling.						
81. My (S) finds it difficult to let go of past hurts.	5	4	3	2	1	
82. I feel that my (S) puts too much emphasis on appearance.	5	4	3	2	1	
83. My (S) does not often share his/her personal feelings with me.	5	4	3	2	1	
84. My (S) always has to win.	5	4	3	2	1	
85. I feel my (S) shows affection adequately or appropriately.	5	4	3	2	1	
86. My (S) sometimes puts me down.	5	4	3	2	1	
87. I am satisfied with the way my (S) expresses his/her feelings of disapproval and/or anger.	5	4	3	2	1	
88. My (S) knows himself/herself well and shares that with me.	5	4	3	2	1	

Reflection Statements in Relationship to A Special Someone (S)

89. We can usually meet each other halfway or find a new way to settle our differences.	5	4	3	2	1	
90. My (S) tends to be stubborn and/ or inflexible.	5	4	3	2	1	
91. I am concerned that we will not have enough time as a couple to nourish our relationship.	5	4	3	2	1	
92. I am concerned that my (S) will become too involved in my career/work.	5	4	3	2	1	
93. My (S) 's sense of humor sometimes bothers or offends me.	5	4	3	2	1	
94. I am concerned about my (S) 's relationship with people of the opposite sex.	5	4	3	2	1	
95. I value "keeping the peace" at any price.	5	4	3	2	1	
96. I am concerned with the way my (S) considers the feelings of others when he/she makes decisions.	5	4	3	2	1	
97. My (S) is not jealous when I show attention to or look at persons of the opposite sex.	5	4	3	2	1	
98. My (S) is often unhappy and this bothers me.	5	4	3	2	1	
99. At times I am concerned about the silent treatment I get from my (S) .	5	4	3	2	1	

Sexual Feelings and Attractions

Indicate to what extent you agree or disagree with the following statements: 5 = Strongly Agree and 1 = Strongly Disagree.	I STRONGLY Agree ←←←←→→→→ Disagree					(S)
100. I want a strong sexual relationship in marriage.	5	4	3	2	1	
101. I expect our sexual relationship to be affected by changes in our needs, moods and techniques of sexual expression.	5	4	3	2	1	
102. We have discussed and decided on the family planning method we will use.	5	4	3	2	1	
103. My (S) and I can talk about our sexual fears, hopes and preferences.	5	4	3	2	1	
104. My family had positive attitudes toward sex.	5	4	3	2	1	
105. We have discussed and agreed on what faithfulness will mean in our relationship.	5	4	3	2	1	
106. I think I will feel uncomfortable being nude in front of my marriage partner.	5	4	3	2	1	
107. I am concerned that either my (S) or I may use sex as a way to control each other.	5	4	3	2	1	
108. I am uncomfortable about some sexual activities my marriage partner may ask of me.	5	4	3	2	1	

Reflection Statements in Relationship to A Special Someone (S)

109. At times I have homosexual feelings, thoughts or behaviours that cause me concern.	5	4	3	2	1	
110. I am concerned that past sexual experiences could negatively affect our marriage.	5	4	3	2	1	
111. My (S) and I agree on the relationship between sex and intimacy.	5	4	3	2	1	
112. My (S) interest in pornography and sex exposit literature gives me great concern.	5	4	3	2	1	
113. I worry that my (S) memories of previous intimate relationships will cause trouble for our new marriage.	5	4	3	2	1	
114. I am concerned that our premarital sex will hurt our intimacy in marriage.	5	4	3	2	1	
115. This is a second marriage; My (S) 's previous marital sexual relationship causes me concern.	5	4	3	2	1	

Money and Economics

Indicate to what extent you agree or disagree with the following statements: 5 = Strongly Agree and 1 = Strongly Disagree.	I STRONGLY Agree ←←←←→→→→ Disagree					(S)
116. Differences in our backgrounds and values may lead to problems about how we spend money.	5	4	3	2	1	
117. The social and economic lifestyles of our families are so different that they could cause problems for us.	5	4	3	2	1	
118. My (S) and I have agreed to compromise on future career decisions.	5	4	3	2	1	
119. I am concerned that my (S) sometimes spends money foolishly.	5	4	3	2	1	
120. My (S) will be uncomfortable in our relationship if I make more money than he or she does.	5	4	3	2	1	
121. I am concerned that my (S) 's attitudes toward working mothers will cause problems between us.	5	4	3	2	1	
122. My (S) agrees with me on the importance we will give to social status, money and possessions in our lives.	5	4	3	2	1	
123. We agree about how we will make financial decisions between us.	5	4	3	2	1	
124. My (S) has some past experiences regarding the use of money that cause me concern.	5	4	3	2	1	
125. We have agreed on whether we will have individual or joint checking accounts.	5	4	3	2	1	
126. We have discussed and agreed on ideas about our future home (S) .	5	4	3	2	1	

Reflection Statements in Relationship to A Special Someone (S)

127. We have a good idea of how we will manage budgets and spending habits.	5	4	3	2	1	
128. We agree on how we will support our household financially.	5	4	3	2	1	
129. My (S) and I agree on how we will budget our money.	5	4	3	2	1	
130. I worry about my (S) 's interest in gambling.	5	4	3	2	1	
131. We agree about how to handle the assets and debts each of us brings to this marriage.	5	4	3	2	1	
132. I am satisfied with the way we have planned for future financial security (i.e., insurance, savings, investments, wills, etc.).	5	4	3	2	1	
133. I worry that our expenses will be greater than our income.	5	4	3	2	1	
134. We agree to the use we will make of credit in our financial management.	5	4	3	2	1	
135. We agree on the amount of financial support each of us will contribute to our church or charity.	5	4	3	2	1	
136. We have decided how we will divide specific responsibilities in managing our financial affairs.	5	4	3	2	1	
137. This is a second marriage; we agree on what furnishings and possessions each of us will bring to our new joint home.	5	4	3	2	1	
138. There is no problem between us on the issue of receiving financial assistance from our families.	5	4	3	2	1	
139. This is a second marriage; I have shared with my (S) the feelings that I have about child support and/or alimony payments.	5	4	3	2	1	

Duties and Shared Responsibilities

Indicate to what extent you agree or disagree with the following statements: 5 = Strongly Agree and 1 = Strongly Disagree.	I STRONGLY					(S)
	Agree ←←←←→→→→ Disagree					
140. I am concerned that my (S) 's background may create problems between us in how we divide household work.	5	4	3	2	1	
141. We agree the husband-and-wife roles each of us expects of the other in our marriage relationship.	5	4	3	2	1	
142. My (S) makes most of the decisions about what we do together. This bothers me.	5	4	3	2	1	
143. I am content with the responsibilities each of us has agreed to accept in the way we will manage our home.	5	4	3	2	1	
144. My (S) is comfortable with the way I handle organization and order things and activities.	5	4	3	2	1	
145. Pregnancy concerns are part of our lives at this specific time.	5	4	3	2	1	

Reflection Statements in Relationship to A Special Someone (S)

146. We agree that parenting will not become more important than our relationship with each other.	5	4	3	2	1	
147. We agree about how we will combine both careers and child-rearing.	5	4	3	2	1	
148. My (S) and I disagree on when to begin having children.	5	4	3	2	1	
149. My (S) and I have agreed on whether or not we will have children.	5	4	3	2	1	
150. We have discussed the number of children we want.	5	4	3	2	1	
151. My (S) has shared his/her feelings about the responsibilities involved in having children.	5	4	3	2	1	
152. We agree on the parenting roles each of us will have.	5	4	3	2	1	
153. We have discussed how each of us was disciplined as a child and how this may affect our parenting.	5	4	3	2	1	
154. We have discussed and agreed on how we will teach our values and beliefs to our children.	5	4	3	2	1	
155. We agree that our children will be taught our faith and beliefs.	5	4	3	2	1	
156. I am concerned because one or both of us already have children from past relationships.	5	4	3	2	1	
157. This is a second marriage; I feel comfortable with the idea of my (S) disciplining my children.	5	4	3	2	1	
158. This is a second marriage; my children will always come first with me even after I marry again.	5	4	3	2	1	
159. This is a second marriage; we have discussed with our children some of the changes this marriage will bring to their lives.	5	4	3	2	1	

In-laws and Extended Family

Indicate to what extent you agree or disagree with the following statements: 5 = Strongly Agree and 1 = Strongly Disagree.	I STRONGLY Agree <<<<<<>>>>>> Disagree					(S)
160. There has been no interference from others about our wedding plans.	5	4	3	2	1	
161. My family approves of my (S) .	5	4	3	2	1	
162. We have discussed the ways our families solve problems and how this may affect our problem-solving attitudes.	5	4	3	2	1	
163. I worry that one or both of our families will interfere in the way we rear our children.	5	4	3	2	1	
164. I feel that I am fully accepted by my (S) 's family.	5	4	3	2	1	
165. I am concerned that what I observed about marriage as I was growing up will affect my role as husband/wife in a negative way.	5	4	3	2	1	

Reflection Statements in Relationship to A Special Someone (S)

166. I am uncomfortable with my (S) 's attitude toward one or both of our families.	5	4	3	2	1	
167. Our families accept that our marriage relationship will come ahead of other responsibilities to them.	5	4	3	2	1	
168. I am concerned that in-laws may interfere in our marriage relationship.	5	4	3	2	1	
169. I am concerned that my (S) 's will be overpowering.	5	4	3	2	1	
170. I am concerned that the family of my (S) will expect either of us to spend too much time with them.	5	4	3	2	1	

Leisure Activities and Time Alone

Indicate to what extent you agree or disagree with the following statements: 5 = Strongly Agree and 1 = Strongly Disagree.	I STRONGLY Agree ←←←←→→→→ Disagree					(S)
171. As a couple, we have many mutual friends that we both enjoy.	5	4	3	2	1	
172. I am upset by one or more of my (S) 's hobbies or recreational activities.	5	4	3	2	1	
173. We have friends who are supportive of the beliefs and lifestyles that we value.	5	4	3	2	1	
174. My (S) and I agree on how much time each of us needs to spend alone.	5	4	3	2	1	
175. My (S) has too few interests and activities apart from me.	5	4	3	2	1	
176. I am at ease with the friends of my (S) .	5	4	3	2	1	
177. I am not at ease with the amount of time my (S) spends with his/her friends.	5	4	3	2	1	
178. I think my (S) spends too much time watching television.	5	4	3	2	1	
179. Our close friends do not share our values on marriage.	5	4	3	2	1	
180. We have ways of getting emotional support from others for living the kind of married life we value.	5	4	3	2	1	
181. My (S) respects the desire I have for individual activities and time alone.	5	4	3	2	1	
182. My interests are different from those of my (S) because we're from different locales or cultural backgrounds.	5	4	3	2	1	

A Note on Character Attributes.

Character traits or adjectives describe who we are and often how we are likely to act. The following list is based on the book **Strength Finder 2.0**. As you read the book you see that Gallop suggests that the traits God gave us at birth are likely to influence us all through life.

Mark the 5 most important attributes that describe you and **(S)**. Examine what you like or dislike. Do you see opportunities of complement or conflict with each other? If possible, discuss your thoughts.

1. **Ambitious**, Energetic, Goal oriented, Hardworking, Motivated, Self-disciplined
2. **Action Oriented**, Impatient, Learning, Practical, Results oriented, Tenacious
3. **Adaptable**, Calm, Flexible, Productive, Reassuring, Responsive
4. **Analytical**, Dispassionate, Interrogative, Logical, Objective, Rigorous
5. **Coordinative**, Adaptable, Creative, Flexible, Innovative, Resourceful
6. **Belief and Values Oriented**, Altruistic, Dependable, Family-oriented, Responsible, Spiritual
7. **Commanding**, Clear, Confrontational, Direct, Honest, Risk taking
8. **Communicative**, Articulate, Captivating, Conversational, Descriptive, Expressive
9. **Competitive**, Aggressive, Aspiring, Challenging, Driving, Striving,
10. **Connected**, Accepting, Caring, Considerate, Humble, Spiritual
11. **Consistent**, Balanced, Ethical, Even handed, Fair, Unprejudiced
12. **Context Oriented**, Counterintuitive, Experienced, Interrogative, Perceptive, Reflective
13. **Deliberate**, Careful, Contemplative, Private, Serious, Vigilant
14. **Developing**, Challenging, Coaching, Encouraging, Helpful, Nurturing,
15. **Disciplined**, Efficient, Exact, Orderly, Predictable, Structured,
16. **Empathetic**, Anticipating, Appreciative, Kind, Sensitive, Understanding
17. **Focused**, Collaborative, Efficient, Goal oriented, Independent, Impatient
18. **Futuristic**, Energizing, Foresighted, Inspirational, Motivating, Visionary
19. **Harmonious**, Agreeable, Deferential, Non-confrontational, Peaceable, Personable
20. **Ideas Oriented**, Abstract thinking, Contemplative, Conceptual, Creative, Visionary
21. **Inclusive**, Accepting, Connecting, Loyal, Non-judgmental, Social
22. **Individualizing**, Encouraging, Impatient, Intuitive, Listening, Observant
23. **Acquisitive**, Quick to learn, Inquisitive, Interested, Interrogative, Studious
24. **Intellectual**, Inquisitive, Introspective, Reflective, Studious, Thoughtful,
25. **Studious**, Assimilative, Energetic, Inquisitive, Motivated, Studious
26. **Maximum Oriented**, Demanding, Discriminating, Focusing, Productive, Refining
27. **Positive**, Energetic, Energizing, Enthusiastic, Light-hearted, Optimistic
28. **Relational**, Caring, Close, Genuine, Risk taking, Sharing
29. **Responsible, Conscientious**, Dependable, Ethical, Hardworking, Available
30. **Restorative**, Analytical, Fixing, Identifying, Rekindling, Resuscitating
31. **Self-Assured**, Certain, Confident, Independent, Risk taking, Self-confident
32. **Significance oriented**, Achieving, Credible, Focused, Goal oriented, Independent
33. **Strategic**, Intuitive, Observant, Predicting, Problem solving, Reflective
34. **Woo-Charismatic**, Conversational, Friendly, Initiating, Networking, Sociable

Reflection Statements in Relationship to A Special Someone (S)

Take time to list the most important Character attributes you admire about each other.

Your key traits	(S) key traits

Note: If you want to learn more about your talents and strengths visit <https://nomoreoverload.com/strengths/>