

Handout: Positive Qualities

Admirable	Dedicated	Lively
Adventurous	Easygoing	Loving
Agreeable	Educated	Loyal
Amiable	Enthusiastic	Neat
Amusing	Entertaining	Nice
Appreciative	Ethical	Optimistic
Athletic	Exciting	Organized
Authentic	Fair	Passionate
Benevolent	Firm	Patient
Brave	Focused	Peaceful
Bright	Forgiving	Playful
Brilliant	Friendly	Polite
Calm	Generous	Principled
Capable	Gentle	Reliable
Caring	Good-listener	Respectful
Charming	Grateful	Responsible
Cheerful	Happy	Self-Aware
Clean	Hardworking	Self-disciplined
Clear-headed	Helpful	Selfless
Clever	Heroic	Sincere
Compassionate	Honest	Skillful
Competent	Hopeful	Strong
Confident	Humble	Sweet
Considerate	Humorous	Thoughtful
Cooperative	Innocent	Trustworthy
Courageous	Intelligent	Understanding
Courteous	Inventive	Unselfish
Creative	Joyful	Wise
Curious	Kind	

Handout: Possible Deal-Breakers

Use this list to discover your top 5 deal breakers: a relationship won't work if he has these qualities. Which top 5 stand out to you?

- Blames other people instead of taking responsibility
- Immature or irresponsible
- Emotionally unavailable
- Still stuck in a past relationship, emotionally or logistically
- Married or in another situation that makes him unavailable to commit
- Addictive behavior
- Pessimistic
- Lacks integrity
- Controlling behavior
- Judgmental or critical about you
- Wants me to fix his life
- Unwilling to look inward or accept constructive feedback
- Moody or overly dramatic
- Flirts openly with other women
- Doesn't listen and/or monopolizes the conversation
- Narcissistic: many narcissists "love bomb" you in the beginning, then start to show their selfish behavior after a few months