

What activities do you love to do? How do you express that and share that with another person (Your OUTSIDE Self)?

What energizes you? How do you express that and share that with another person (Your INSIDE and OUTSIDE Self)?

What fills you with pride? How do you express that and share that with another person (Your INSIDE Self)?

What experiences warm your heart and touch your spirit? How do you express that and share that with another person (Your INSIDE Self)?

Meeting Your Match—Cracking the Code to Successful Relationships
Jackie Black, Ph.D., Relationship Expert, Author and Coach

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What things must be part of your world so that you can be your best self in the presence of another person (What are your internal and external needs)?

How will you include or integrate someone else into those parts of your world? Or do you? If you don't, what kinds of boundaries do you establish? How able are you to set and maintain your boundaries (Asking for what you need and want)?

What personality and character traits (yours and your ideal partner's) must be present? What are acceptable or tolerable? What are non-negotiable or unacceptable? Which ones must be present?

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