

Marriage & Family

Choosing a Mate by Making a List

Below is a list of possible characteristics you may want in a mate.

- A. Put a “ 1” to the side of all items that are an absolute MUST in a mate.
- B. Put a “ 2” to the side of any items that are IMPORTANT but negotiable.
- C. Put a “ 3” next to any items you would LIKE, but could live without.
- D. Cross out any items you WOULD NOT WANT IN a spouse.
- E. Add any characteristics not on this list that you feel are NECESSARY and assign them a number, as stated above.

- ___1. Is friendly and popular with others.
- ___2. Shows concern and compassion for others.
- ___3. Respects authority.
- ___4. Does not use addictive substances such as alcohol or tobacco.
- ___5. His/her parents have a happy marriage.
- ___6. Does not use drugs.
- ___7. Is considered by most to be physically attractive.
- ___8. Shows affection appropriately.
- ___9. Is thoughtful.
- ___10. Attends the same church I do.
- ___11. Has same religious beliefs.
- ___12. Is not childish.
- ___13. Is not moody.
- ___14. Uses clean language.
- ___15. Is dependable.
- ___16. Is responsible for his/her own actions.
- ___17. Is good with children.
- ___18. Takes care of self, has good grooming practices.
- ___19. Is easy to talk to, listens to me, is good at communicating.
- ___20. Has interests similar to mine.
- ___21. Is in good physical health.
- ___22. Is in good mental health.
- ___23. Is considerate.
- ___24. Has a good relationship with his/her parents.
- ___25. Has a sense of humor.
- ___26. Deals well with conflict and / or disappointment.
- ___27. Is forgiving.
- ___28. Is intelligent.
- ___29. Has experience working, can hold down a job.
- ___30. Has an appropriate amount of schooling.
- ___31. Is tidy -- keeps things clean and in working order.
- ___32. My parents approve of her/him.
- ___33. The people I respect most think highly of him/her.
- ___34. Desires a normal family life.
- ___35. Wants children.

- ___36. Does not intend to have children.
- ___37. Belongs to my race.
- ___38. Has a reasonable amount of self-confidence and self-esteem.
- ___39. Makes me feel good about myself when we are together.
- ___40. Owns or is buying a car or house.

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