

**This Personality Assessment Sheet Example for the self and one's partner can be helpful in multiple ways.**

1. It allows for self-evaluation through time.
2. It may be helpful as an assessment tool for a future partner.
3. It can be used to keep track of progress for couples who are working on improving their relationship.

This is only an example to give you an idea. We each have different traits which are important to us. The ones listed below are just ones I came up with, they do not apply to everyone. I recommend making your own, coming up with your own questions to ask. The place I feel that it benefits us all to start would be an honest evaluation of the self.

**Below is my recommendation for use:**

Since we each place different emphasis on different traits, I recommend marking the ones which are most important to you in your list. Then, assign yourself a number between 1 and 10 to for each characteristic depending how strong or weak you see yourself in that aspect. I personally use 1 as the weakest and 10 as the best.

1 For Self-evaluation, you can assign a number to each characteristic from 1-10 what you would like your ideal self to be like and then use the other columns to track progress.

2 For an ideal mate, think of the qualities you would like in a partner and what minimum number of that characteristic is acceptable to you. Place this number in the ideal column. Now you can compare possible partners to this result.

3 For improving your existing relationship, start by thinking about where you would like your mate to be ideally. Be realistic and fair, no one is perfect. Next, take an honest assessment where you believe your partner ranges at this moment and place these numbers in under 1. Comparing the two allows you to evaluate where he/or she is now.

(An Exchange of such sheets may yield valuable insights in how the other perceives us and may open avenues for discussion.) **Please do not share this with your partner if you fear he/she may become overly angry, violent, or abusive! Always be safe! Also, please do not use this as a tool to hurt them, be kind!**

Remember, be honest with yourself and realistic in your evaluation. Anything else just defeats the purpose. I have yet to meet a perfect 10 in any category and besides, perfection is boring and often hides deep-seated insecurities. We are all human and have flaws and love, respect and tolerance of each other goes a long way!

<b>Subject/Trait</b>	<b>self</b>	<b>ideal</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>possible question to ask/what to look for</b>
<b>Important Personality Traits</b>						
happy						On a usual day, are you happy?
loving						Do you close ties to family/friends?
kind						Would you describe yourself as kind?
secure						Are you content to be by yourself?
confident						Watch how he/she handles new situations
respectful						Watch for tone of voice and the way he/she talks to others
self-aware						Sees his or her faults and is comfortable in his/her own skin
strong						Watch for a readiness to stand his/her ground when necessary
has dreams						Where do you see yourself 5 years from now?
open to love, being cared for						Have you processed past relationships?
ready to love, care for						What are you looking for in a relationship?
has integrity						Would you steal, lie, if it benefitted you?

honest					Is there such a thing as an acceptable white lie?
tolerant					How do you feel about the other political party?
fun					What kind of things do you like to do?
laughs easily					Do you like to do things that are a bit silly?
emotionally mature					How do you feel about your ex? (Look for no blame)
attentive					Sends flowers, texts, calls, does little things without being asked
responsible					Takes care of responsibilities before play
willing to grow					Is willing to work on self-improvement and life skills
spiritual					What are your spiritual believes? Are you willing to explore further?
monogamous					How do you feel about monogamy?
listens					Pay attention how much he talks and how much you get to say
willing to talk about deep subjects					Try to engage into a subject that is dear to your heart
attentive					Does he open doors? Anticipate needs/wants? Does nice things?
positive					How do you see our world today?

good sense of humor					Watch, listen, pay close attention
compassionate					Observe how he/she reacts to people/animals in need, your need
empathetic					Pay attention to his words and understanding of others
generous					Watch how much he/she tips at restaurants
moral					Engage in conversation to find out
loves and appreciates nature					Watch how he/she reacts to nature
<b>Health</b>					
fit					Look at weight, height, stamina
exercises					How often do you exercise?
eats predominantly healthy					What kind of food do you prefer?
energetic					Pay attention to voice, energy during the day
takes care of himself					Look for eating habits, sleep patterns, self-care, dress, nails, hair
No STDs					Do you have any STDs I should be aware of?

sober						How often do you drink? Smoke? Use drugs?
love making						Often enough to promote cardiovascular health and a deep bond
<b>Appearance</b>						
Attractive						Personal preference for each of us
dresses well						General appearance, clothing style
takes pride in himself						Does he/she take the time to dress nicely when going out?
clean						Neatly cut hair, smells good, clean nails, teeth, ...
neat						Is concerned about the impression he/she makes
<b>Other Important Traits</b>						
Intelligent						observe, listen, engage in conversations on a variety of subjects
well-read						reads books and not just magazines and the internet

ambitious					What are your plans for the future and how do you intend to achieve them?
takes care of responsibilities					do you take care of your responsibilities before heading out to play?
philanthropist					What kind of charitable works do you do? Where do you contribute?
gentleman					Watch if he opens doors, sends flowers, calls, texts, pays attention to you
well-spoken					Has a good command of the language
<b>Compatibility of Lifestyles</b>					
sleep patterns					What time do you usually go to bed? Get up?
food preferences					What kind of food do you like?
exercise habits					How often do you exercise and what kind?
evening time					How do you like to spend your evenings?
sexual					Do not be afraid to ask about role play, preferences
family oriented					How often do you talk to your family? Visit them?

friendships					Do you have close friends?
play					What do you like to do for fun?
<b>Relationship Skills (IMPORTANT)</b>					
willing to work on the relationship					Are you willing to work through problems and learn new relationship skills?
secure attachment type					Do you know your attachment style?
family, friends, pets					Sees them as ours not his/ hers and mine
love language type					What is your love language type?
willing to negotiate					Are you willing to sit down and work out problems to mutual benefit?
willing to put other among top 3 priorities					What are your top three priorities in life?
argues fairly and with respect					Do you think it is acceptable to become mean when arguing?
communicates feelings clearly					Are you willing to give the other the benefit of the doubt until clarified?
steady					Where do you see your life heading? (Watch for changes in direction)

committed						What kind of relationship are you looking for?
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