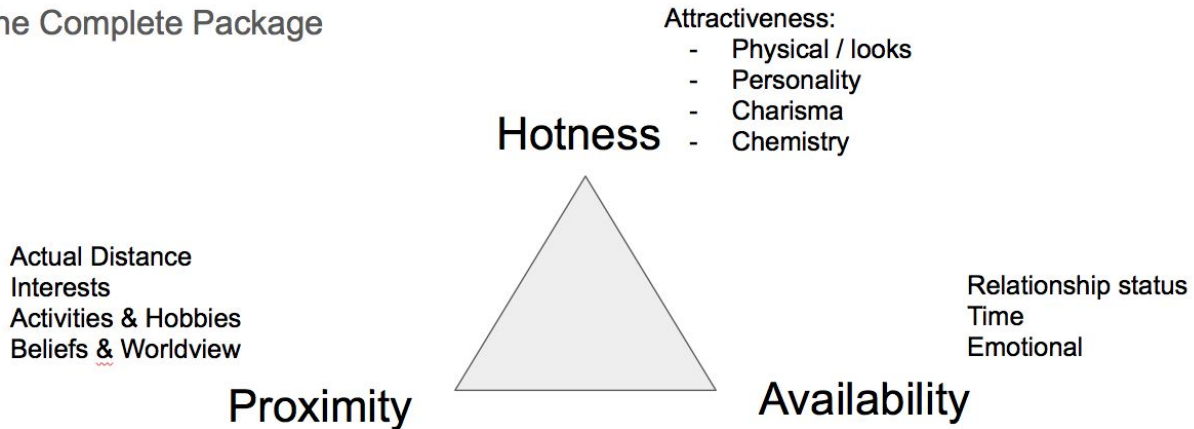


Dating Clarity, Using the H-A-P Triangle

Find Out What You Really Need in a Partner and in a Relationship

Date: _____

The Complete Package



My Top “Hotness” Priorities (what I find super attractive):

Physical / Looks: _____

Personality: _____

Here is a list of opposing qualities to use as a starting point when considering what kind of person might be best suited to you. Use the extra space for notes.

Extroverted vs. Introverted

Messy vs. Tidy

Flexible vs. Structured

Driven vs. Easy Going

Adventurous vs. Timid

Emotional vs. Analytical

Active/Energetic vs. Relaxed/Chilled Out

My Top “Availability” Priorities:

	Me	Ideal Partner
Relationship Status <i>(Single, Open Relationship, etc.)</i>		
Time Available for Relationship <i>(Hrs/wk or other description)</i>		
Emotional Availability <i>(rate on scale of 1-10, or describe...)</i>		

List the 5 Most Important Feelings or Emotions you would like to experience on a regular basis in your ideal relationship:

- 1)
- 2)
- 3)
- 4)
- 5)

Notes:

My Top “Proximity” Priorities:

Farthest I can realistically travel for a relationship:

Distance: _____ Time: _____

Beliefs and Worldview: *(What provides meaning and context for your life?)*

	Me	Ideal Partner
Religion or Spiritual Practice		
Top Life Priorities and Goals		

*In each of the sections below, write 5 - 10 items that apply to YOU and then **CIRCLE** those items that you would ideally like to SHARE with a potential partner.*

Interests: *(Stuff you like to think about, learn about and talk about)*

- | | |
|----|-----|
| 1) | 6) |
| 2) | 7) |
| 3) | 8) |
| 4) | 9) |
| 5) | 10) |

Activities: *(Stuff you like to DO)*

- | | |
|----|-----|
| 1) | 6) |
| 2) | 7) |
| 3) | 8) |
| 4) | 9) |
| 5) | 10) |