

Healing Heart Protocol Online Course
Module V– Wood Element: Birth Your New Life
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Worksheet #3

Life Partner Exploration

This relationship is, for most of, the most important relationship in our life besides our children. It is here where the most challenges and potential pain can come from.

Yet, it is also in this domain where life can become the most beautiful and fulfilling.

To become more conscious about whom you want to attract into your life we offer this inquiry process to you. Reflect on each question and note your answers in your journal.

Inquiry questions:

What do I most want in an intimate partnership?

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What are the core values that I want my love relationship to embody?

What do I most long to receive in that relationship?

What do I desire to give, to contribute towards that relationship?

What do I most want to share with my partner?

In our western dating world, values are often not as important as the first impression, the exterior that we present to each other. The secret of arranged marriages has been in the compatibility of the value system of the two arranged partners.

To have this wisdom of the ages serve you and your life we ask you to reflect and inquire into your own values.

You can the values below and add your own categories.

Core values:

Sexual intimacy (monogamy – polygamy, sexual desires compatible?):

Parenting styles:

Spirituality & Religion:

Money & Spending (Saver versus Spender):

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Wealth (Living standard and wealth similarities or differences):

Health (Body care, Health, Health food versus Junk food.....):

Timeliness & Punctuality:

Generosity & Tightness (Money and material things):

Cleanliness & Orderliness (Clean freak versus messy-ness):

Social interests (like hobbies, travel, sports, animals, nature...):

Political views:

Life Priorities & Tempo (workaholic versus life is a beach...):

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Being clear on your own values gives you the foundation to be in conversation with potential mates to find out about their values. It is crucial to find out early on because it is in these details where relationships get hung up and out of balance.

Remember the teaching about the accumulation of hurt leading to separation; the more aligned are your values, the less rubbing or conflict will occur and the more you will feel deeply seen and understood by your partner.

Once you are starting to date again and are meeting people, this worksheet is of particular importance. As you get to know someone and their world views, ask:

‘What values of the other would I truly be able to respect over the years?’

Looking for the outer beauty or attraction is natural as a first and beginning step, and, as we’ve said before, it’s also crucial to look at the deeper aspects of what attracts you to a person. Is there enough in common, enough compatibility, and enough shared values between you and your potential mate? If there are differences, then ask yourself if those are deal breakers or if the differences between you are bridgeable?

Lastly, the more you’re clear about your values, the greater the likelihood that you will attract someone with similar values and standards. If you are conflicted, you will likely attract someone with conflicting values as well.

This is why the work on yourself - that you’re engaged in right now - is of paramount importance to being able to attract and sustain a healthy fulfilling relationship.