

HEAD meets
HEART
the workbook: session 3

SESSION 3

GETTING TO KNOW COMPATIBILITY, EXAMPLES *of* OTHER RELATIONSHIPS + SKILLS

PERSONALITY COMPATIBILITY

What are the six areas of personality compatibility?

1.

2.

3.

4.

5.

6.



EXAMINE *your* **LOVE LIFE**

Describe what the term complementarity means and what are some of the ways you like for a partner to be different than you, and summarize what you have learned about this from any previous relationships.

VALUE COMPATIBILITY

What are the six areas of value compatibility?

1.

2.

3.

LIFESTYLE COMPATIBILITY

What are the three important aspects of lifestyle compatibility?

1.

2.

3.



EXAMINE *your* LOVE LIFE

Think about the three areas of personality, value and lifestyle compatibility. Write your description of an ideal partner. What would you want to be similar and what differences would you want that blend well with yours (complementarity)? ***Check out the Who am I + Who I Want Worksheets.***

OTHER RELATIONSHIPS

What are some relationship patterns that could be possible warning signs of future issues in your relationship? What are some “other” relationships of a partner to explore, and what are some relationship patterns that could be possible warning signs of future issues in your relationship?

Besides how a partner treats YOU, what are the three other categories of relationships to explore when getting to know a partner?

1.

2.

3.

What are the four steps of the detective technique (you know how you can figure out a partner)?

1.

2.

3.

4.

RS: COMMUNICATION

What are the two skills involved in good communication?

1.

2.

There are two important aspects of active listening. List them and explain them below.

1.

2.

There are three elements to healthy communication. Jot them down below.

1.

2.

3.

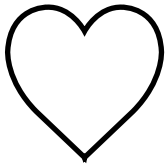
RS: CONFLICT RESOLUTION

There are three types of conflict resolvers. List them below.

1.

2.

3.



EXAMINE *your* **LOVE LIFE**

What style do you tend to use when in a conflict? What style do you want to have in a partner?

Describe your own plan for dealing with conflicts (i.e. action steps, do's and don'ts).

Think about your past relationships, what went well and what didn't in your communication with your partner(s)? What would you like to be similar or different in your future relationships?