

WHAT DO YOU WANT MOST?

You've been examining different aspects of relationships and discovered some of what you would like and not like in a relationship. This is important as it brings clarity when you're dating.

In this lesson, you'll go through a guided process to discover what qualities are most important to you. This process will bring greater clarity to what you really, truly, deeply want in a partner. It's up to you to make the choices.

WHY CLARITY IS CRUCIAL

Consider this example:

A delightful and accomplished man was talking about the process his wife had used in selecting him. And, yes, he was definitely proud he was the one she selected. She had a list of five things she definitely wanted in a life partner.

She would date almost anyone. Within the first 30 minutes of her date she knew whether this was someone she wanted to date again. Once the decision was made, she relaxed and enjoyed her date no matter what her decision.

When you know the five most important qualities you want in a partner, you can make a rational decision before the relationship has progressed to the point where the chemicals in your brain hijack your rational mind.

When attempting to make a decision about whether to continue in a relationship, you can use your five most important qualities to remind you what you most want. This assists you in avoiding a huge mistake.

Your top five may change as you grow and develop emotionally. For instance, you may want to partner with a professionally trained individual. As you learn about them, and continue to grow emotionally, you may decide that their emotional maturity and kindness are more important than their educational background.

THE CLARITY PROCESS

Please download, print out, and complete the exercise, *“What Do You Want Most - The Clarity Process.”* This exercise is a crucial part of this lesson. You can find it in your Additional Resources box for this lesson.

SUMMARY AND REFLECTION

Congratulations! When you finish this lesson's process, you will know what qualities in a partner are most important to you. These qualities will assist you in making good decisions when your hormones and emotions are strong. In the next lesson you'll review what you've learned in this module.

ONE LAST STEP

After completing the clarity process, transfer your 5 most important qualities onto three cards.

- Place one by your bed.
- Place one on your mirror.
- Put one in your wallet.