

Find a New Partner after Divorce©

1. What couple do I know well who has the kind of relationship that I want. What about their relationship that impresses me?
2. I am thinking about my parent's relationship. What do they do or have in their relationship that I want to do or have in my relationship?
3. What do I want to have in my relationship that is completely different from my parent's relationship?
4. I am thinking about all of my prior relationships. What coping strengths, temperament strengths, and values do each of these people have in common?
5. What coping strengths, temperament strengths, and values do I like about myself?
6. What coping strengths, temperament strengths, and values do I most want my life partner to have? Which ones are the same as those in 4.? Which ones are different?
7. What tells me that I am ready to commit to having a relationship with a life partner?
8. Do I have children that I will bring into a new relationship?
9. Could my children causes issues in a new relationship? If so, how will I handle that?
10. Am I willing to consider a new relationship with someone who has children?
11. Could his/her children cause issues in a new relationship? If so, how will I handle that?
12. Do we want to have more children? If so, how many? If we cannot agree about this is that a dealbreaker?
13. Would I like to have a nanny to help us meet the needs of the children?
14. If a possible life partner and I disagree about having a nanny is that a dealbreaker? why?
15. How important is it that I have a college degree?
16. How important is it that a new life partner has a college degree?
17. How important is it that I get an additional college degree?
18. How important is it that a new partner gets an additional college degree?
19. Do I want to work?
20. Do I want my new partner to work?
21. If my new life partner and I do not agree about whether or not I will work is that a dealbreaker? Why?

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22. If my new life partner and I do not agree about whether or not s/he will work is that a dealbreaker? Why?

23. If my new life partner and I do not agree about how we spend our leisure time is that a dealbreaker?

24. About my family: What qualities do my family members have? What must my new partner do to get along with my family?

25. About his/her family: What qualities do I want his/her family to have? What am I willing to do to get along with his/her family?

26. About religion and spirituality: What is important to him/her?

- A. Does s/he believe in a Supreme Being? On a scale of 1-10 how important is this to me?
- B. Is it a part of his/her life plan to treat other people like s/he want to be treated? On a scale of 1-10 how important is this to him/her?

27. About politics: What is important to him/her? On a scale of 1-10 how important is this to him/her?

About money:

28. What did I learn about money in my family?

29. What do I want my new partner to have learned about money in his/her family?

What do I need when it comes to...

30. Saving money?

31. Spending money?

32. Borrowing money?

33. Do I like conservative, moderate, or high risk/high reward investments?

34. How important is listening to each other?

- A. What will I do if I feel like s/he is not listening to me?
- B. What will I do if s/he tells me that I am not listening to him/her?
- C. Do I think that not listening to each other could cause issues in a relationship?

35. What process do I want to use to make decisions?

- A. Which decisions do I think should require two votes?
- B. Who else's thoughts should we consider?
- C. What other factors should we consider?
- D. Can how we make decisions causing issues in a relationship?

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36. Do I have any trust issues about relationships? If so, do I want to clear them up?
37. Do I have any loyalty issues about relationships? If so, do I want to clear them up?
38. Do I want to work internationally?
39. Do I want to travel internationally?
40. Do I want to own my own home?
41. Are there any other issues about where we live?
42. Do I want to have a second home?
43. Does s/he work in a corporation, in the government or in a nonprofit? Is it a dealbreaker for me if I would prefer that my s/he worked somewhere else?
44. Does s/he own his/her own business? Is it a dealbreaker for me if I would prefer that s/he worked for someone rather than have a business that s/he owns?
45. Does s/he want to work until retirement?
46. If s/he does not work, how does s/he make a contribution to society?
47. What does s/he want to do after s/he retires?
48. Of all the people that we know, why did we select each other?
49. What else is it important for me to consider in a life partner?

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