

Basic PSA Worksheet©

1. What couple do I know well who has the kind of relationship that I want? What is it 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 most want my life partner to have? Which ones are the same as those in 4.? Which ones are different?
6. What tells me that I am ready to commit to having a relationship with a life partner?
7. What caused us to select each other over all of the other people that each of us knows?
8. If I want to have children and my life partner does not is that a deal breaker? Why?
9. If my life partner and I want to have a different number of children is that a deal breaker? Why?
10. If we have children would I like to have a nanny to help us?
11. If my life partner and I disagree about having a nanny is that a deal breaker? Why?
12. How important is it that my life partner has a college degree?
13. How important is it that my possible life partner gets an additional college degree?
14. Do I want my life partner to work?
15. If my life partner does not want to work what does s/he want his/her unique contribution to be?
16. About my family: What qualities do my family members have? What must my partner do to get along with my family?
17. 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?
18. 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?
19. About politics: What is important to him/her? On a scale of 1-10 how important is this to him/her?

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20. How do each of us like to spend our leisure time? Is this important to both of us?

About money:

21. What has my life partner learned about money in his/her family?

What does s/he need when it comes to...

22. Saving money?

23. Spending money?

24. Borrowing money?

25. Does s/he like conservative, moderate, or high risk/high reward investments?

26. How important is listening to each other?

- A. What do I do if I feel like s/he is not listening to me?
- B. What do 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?

27. 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?

28. Does s/he have any trust issues about relationships? If so, does s/he want to clear them up?

29. Does s/he have any loyalty issues about relationships? If so, do I want to clear them up?

30. Does s/he want to work internationally?

31. Does s/he want to travel internationally?

32. Does s/he want to learn a foreign language?

33. Does s/he want to own his/her own home?

34. Does s/he want to have a second home?

35. 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?

36. 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?

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37. Does s/he want to work until retirement?
38. If s/he does not work, how does s/he make a contribution to society?
39. What does s/he want to do after s/he retires?
40. What else should I consider as I think about what I want in a life partner?