

Love Will NOT Conquer It All

The Importance of Compatibility

Understanding compatibility will help:

- Getting into a relationship
- Improving a current one
- Assessing whether or not to leave
- With ALL relationships

Attraction is largely based on:

- Biology
- Social / emotional needs
- Psychological puzzle pieces (ie compatibility is an afterthought)

HOWEVER...

- Resumés don't make relationships.
- The more concrete your reasons for being together, the weaker they are.
- When choosing a long-term partner, you will inevitably be choosing a particular set of unresolvable problems.

Knowing if you're compatible with someone requires you to know your SELF:

- Top 5 personal values
- Top 5 deal breakers
- Top 5 ideal partner qualities
- Top 5 goals in life and love

Example...

MY PERSONAL VALUES:

1. Health (mental and physical)
2. Integrity
3. Peace
4. Joy
5. Compassion

MY DEAL BREAKERS:

1. Active addiction
2. Lack accountability, willingness, humility, self-examination
3. Hatred
4. Hurtfulness
5. Chronic inflexibility

MY TOP FIVE:

1. Healthy (mental and physical)
2. Has Integrity
3. Peaceful
4. Affectionate
5. Compassionate
6. Committed to growth / willing to work on self (*everyone* needs this)

MY GOALS IN LIFE AND LOVE:

1. Be healthy (mental and physical)
2. Feel safe, seen, soothed, and secure
3. Have joyful, authentic connection / community
4. Share my gifts with the world
5. To love and be loved