



# 9 Match & Attraction Areas to Consider



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**Relationship experts outline nine match and attraction areas for you to consider carefully:**



**I. Physical Appearance**

While physical appearance and attraction often draw two people together at first, these aspects will also affect the rest of their lives together. On a scale of 1 to 10 (1 being least important part of a relationship and 10 being most important) how important is physical attraction to you.

How important is physical appearance to you? \_\_\_\_\_

1. If working out and staying fit is important to you, will it disappoint and upset you out if your partner doesn't share your continued quest for beauty and fitness?    YES    NO

What does letting one's appearance go mean to you?

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2. How important is physical appearance to your partner? \_\_\_\_\_



## II. Emotional Intelligence and Maturity

On a scale of 1 to 10, how emotionally intelligent do you believe yourself to be? \_\_\_\_\_

Is your partner emotionally sensitive to the needs and differences of others, including you? YES NO

Example: \_\_\_\_\_

What percentage of the time does your partner behave in emotionally mature and centered ways versus times they behave in reactive and defensive ways?

\_\_\_ Mostly centered    \_\_\_ Half and half    \_\_\_ Mostly reactive

How about you?

\_\_\_ Mostly centered    \_\_\_ Half and half    \_\_\_ Mostly reactive

Do you believe you and your partner's levels of emotional intelligence are similar or compatible? YES NO

How does your partner relate to family and friends?

\_\_\_\_\_

Is your partner emotionally supportive and encouraging or do they exhibit control issues that you feel negatively impact your relationship?

\_\_\_\_\_

Do you believe your partner is aware of his or her issues and interested in gaining insight into them and addressing them?  
YES NO

Are you aware of your issues and interested in gaining insight into them and addressing them?  
YES NO



**III. Lifestyle Choices** - This includes career and social lives, common interests, leisure time activities and energy levels.

In what way are your lifestyle choices similar and different. For example: Would your partner rather join the bowling league or the metropolitan symphony? What are their interests?

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Do have hobbies such as cooking, traveling, collecting, exercising, etc. that you enjoy together? If so, what are they?

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Are your lifestyle preferences compatible? Does your partner have lots of energy for activities with friends or rather rest and chill out at home?

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Do you trust one another to have individual time and differing interests?                      YES                      NO



#### IV. Financial Styles -

This is often a hotter bed for couples than their intimacy bed.  
Financial style includes income levels, financial goals, financial roles and views on handling money.

Do you and your partner think alike when it comes to money? Yes/No

How do you each want to spend, save and invest?

Me \_\_\_\_\_

My partner \_\_\_\_\_

Is one partner a spender while the other saves? Is one person financially responsible while the other often robs Peter to pay Paul? In what ways does this affect your current relationship?

\_\_\_\_\_

\_\_\_\_\_



## V. Religious and Social Values -

This match area is often overlooked but has a tremendous impact on your life and relationship. It includes the big values: honesty, integrity, loyalty, views on family and children, religion and spirituality, life goals and the treatment and care for others.

How important are your spiritual values to you? \_\_\_\_\_

\_\_\_\_\_

Are his/her spiritual views in line with yours? YES NO

Does your mate follow through on their promises? YES NO

Would you say they are trustworthy and honest? YES NO

Do you agree on how children should be raised? YES NO

Do either of you come from religious homes? YES NO





## VI. Beliefs around Marriage

Everyone does not share the same idea of what marriage means to them. To some people it is the most important and final show of devotion. What are your similar and differing ideas with regard to the importance and meaning of marriage?

Me: \_\_\_\_\_

My Partner: \_\_\_\_\_

What do you expect from marriage?

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What does your mate expect from marriage?

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Are either of your parents, or you divorced? YES NO



## VII. Sex and Intimacy

What does sex mean to you?

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What does intimacy mean to you?

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What is your appetite for sex? What are your thoughts, needs, desires and concerns about sex?

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Is physical touch a love language for you?   YES   NO

What are your arousal senses audial, taste, smell, sight or touch?

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Do you know and understand your partner's arousal senses?   Y/N

How satisfied are you sexually?

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How satisfied do you believe your partner to be sexually?

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Do either of you use sex as a weapon?   YES   NO



### VIII. **Personality** -

Understanding your personality tendencies and your partner's personality tendencies can increase connection and reduce conflict tremendously. The more insight you have into what is a natural tendency for you and your partner, the more you increase your chances of understanding how to relate in respectful, loving and honoring ways toward one another.

Do you believe your personalities are compatible? YES NO

Do you understand your personality tendencies? YES NO

If so, describe YOU: \_\_\_\_\_

Do you understand your partner's personality tendencies?

YES NOT SURE NO

*(The Primary Colors Personality Test and Insight Tools are extremely valuable in gaining insight into yourself and those you care about. To learn more about personality and how it impacts your relationship, go to [www.PrimaryColorsPersonality.com](http://www.PrimaryColorsPersonality.com) and take your personality tests.)*



## IX. **Intelligence**

Having similar education levels increases your chances of sharing school and social experiences, intellectual interests and career goals.

Are your education levels similar? YES NO

Conversation limited to sports or shopping may get boring to someone who likes to ponder philosophy and discuss business. What topics do you and your partner enjoy talking about?

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Do your dreams and goals line up? YES NO

What is a dream or goal that you both share? \_\_\_\_\_

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Do you respect your partner's intelligence? YES NO

Do you feel your partner respects your intelligence? YES NO



## X. In Summary

As you reflect on the answers in this short booklet, do you feel that your partner and you are naturally compatible in all or most of the nine categories?

What areas do you feel need some work and understanding?

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What areas do you feel solid and secure about matching well?

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What areas would you like to discuss with your partner so that you could learn more about their thoughts and feelings pertaining to a particular category?

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Would you like to be more in sync with your partner? Would you like to know and understand yourself better and even understand more about who your partner and their unique personality tendencies?

If so, investigate our [RelationshipHelpAtHome.com](http://RelationshipHelpAtHome.com) online couples program. For less than two private sessions with relationship and personality expert Dawn Billings you can enroll in a 26-week program that only takes 5 minutes a day and learn the equivalent of a master's degree in relationships and communication.

## About the Authors:



**Dawn Billings** is a personality and relationship expert who developed all of the [RelationshipHelp.com](http://RelationshipHelp.com) relationship programs. She is the Executive Director of the [Relationship Help Resort](#) in the beautiful Arizona desert, where one of her most popular and powerful programs is the two-day private couples intensives to help people heal themselves and their relationships. Dawn is also creator of the [Relationship Help at Home](#) online programs for people who are looking for relationship answers but don't have the budget for a luxury retreat intensive.

[Dawn Billings Consultations](#) is a training and consulting company specializing in advanced personality training, as well as, entitlement and communication problems plaguing our society. Dawn is a highly sought after speaker and trainer. She is the architect of the highly acclaimed relationship personality tests, [PrimaryColorsPersonality](#) licensed and used widely by relationship and leadership experts around the nation.

With a career spanning 45 plus years Dawn has worked with individuals, couples and organizations to diminish interpersonal conflict, strengthen team development and promote understanding, and engagement. While honing her skills in applying scientific rigor, and deepen her understanding of optimal human functioning — she completed a Masters in Clinical Psychology, while her doctorate work was in Personality and Organizational Psychology. But Dawn is most proud of her two wonderful and gifted sons that light up her world.

**Corbin Billings** is the COO and Creative Director of PCPT Advanced Personality Training company and editor and director of the training curriculum and videos.



A unifier in nature, Corbin is an author and documentarian who received his degree in Film direction from the USC Film School. He is dedicated to helping people understand one another as they communicate with respect in order to create unity and practical solutions to some of societies most difficult relational and political issues.

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