WORKBOOK



Important questions to help you figure out if you are compatible with your lover



Instructions for the Compatibility Process

One of the essential things to a lasting and loving relationship is compatibility. Love is important, but is not enough. Compatibility is having similar interests, values, and goals. It's also compatibility that makes relationships bond and withstand the test of time.

Whether you are dating or in a relationship, the Compatibility Process questions give you a greater insight into your long term compatibility. Both you and your partner will understand what you each need and expect to feel safe and appreciated in your relationship.

Give your partner these questions to answer independently and once completed, read each one of your answers together. You will learn more about one another and start the process of building a solid relationship.

Happy Discussion!

What are your 3 most important goals for the next 10 years?

What are your top 2 human needs and why?

1. NEED FOR CERTAINTY 2. NEED FOR VARIETY 3. NEED FOR LOVE/CONNECTION 4. NEED FOR SIGNIFICANCE 5. NEED FOR GROWTH 6. NEED FOR CONTRIBUTION

What are your top 2 Love languages? 1. PHYSICAL TOUCH 2 QUALITY TIME. 3. WORDS OF ENCOURAGEMENT 4. ACTS OF SERVICE 5. RECEIVING/GIVING GIFTS TAKE QUIZ

What are your ideas about children and family?

IF YOU ARE ALREADY MARRIED WITH CHILDREN YOU CAN SKIP THIS ONE

What do you consider sacred and why?

What carries you through your most difficult times?

What are your boundaries?

What are your non-negotiables in life including relationship?



What do you and your partner need to feel safe?

What do you need to feel loved?

What spiritual/cultural beliefs do you live by?

How was conflict handled in your family growing up?

Sou do you handle conflict, hou do you express anger?

tell me about your childhood. What do you feel you didn't get?

What is important for you to have from your partner in sex?

What rituals, routines are important for you to create in the relationship?

What are the top 3 expectations you have of your partner?

What are 3 constants you need to have at all times from your partner?

What can your partner expect from you? What are you willing to give?

What do you value most in a relationship?

What scares you the most in relationships?

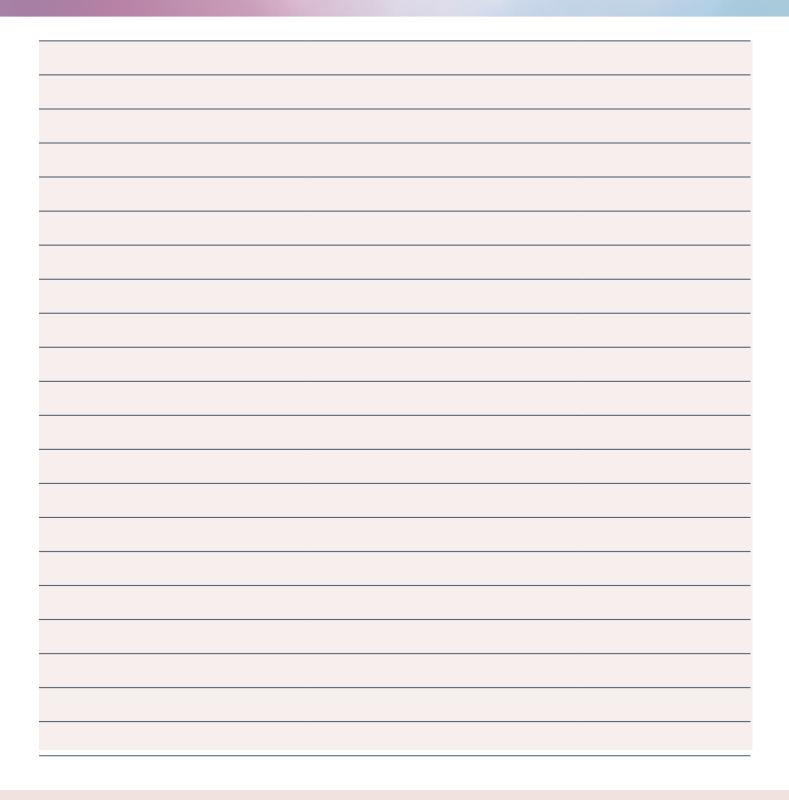
When do you feel the most loved?



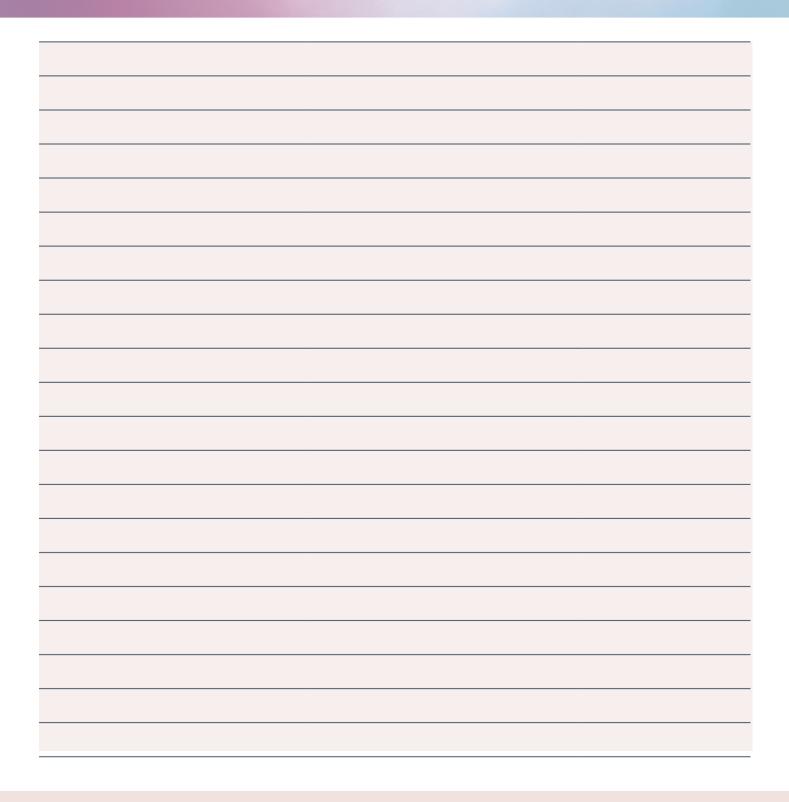
What are triggers/imprints you have that your partner should know?



When you armor up, what is the story you create or are likely to create about your partner?



What do you find most uncomfortable when dealing with your partner?



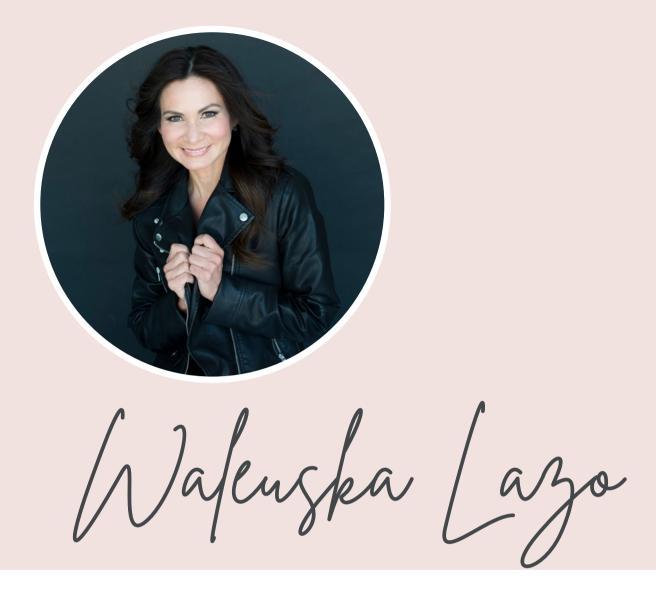
What are the 3 best qualities/values you like about your partner?

You are now in heaven, and you can only leave behind 3 legacies to your partner. What are they?



It's my hope that you and your partner gained deeper insights into each other's heart and soul.

The key to this process is discovering if there is enough core material, values, and qualities that you both share to sustain and accept each other as you individually so that you can both grow and evolve.



To engage Waleuska on one-on-one personal coaching or have Waleuska be on a speaking show please contact her at waleuska@fmtg.us