

A photograph of a young couple laughing joyfully outdoors. The woman is on the left, laughing with her head tilted back, and the man is on the right, laughing with his head tilted forward. They are both wearing casual clothing. The background is a bright, slightly blurred outdoor setting, possibly a beach or park. A semi-transparent white box is overlaid on the center of the image, containing the text.

WORKBOOK

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Building YOUR blueprint for love


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

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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 boundaries?

What are your non-negotiables in life including relationship?

A large rectangular area with horizontal lines, intended for writing the answer to the question above. It consists of approximately 22 horizontal lines on a light beige background.

What do you need to feel loved?

A large rectangular area with horizontal lines, intended for writing a response to the question above. The lines are evenly spaced and cover most of the page's width and height.

What spiritual/cultural beliefs do you live by?

How was conflict handled in your family growing up?

How do you handle conflict, how 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?

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?



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.



Waleuska Lazo

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