

CREATE -A- MATE

Dr Love's Blueprint for
Discovering Your Ideal Partner
& Avoiding Incompatibility

Jamie Turndorf, Ph.D.

Author of The Critically Acclaimed
**TILL DEATH DO US PART
(UNLESS I KILL YOU FIRST)**

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Dr. Love's Blueprint for
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by Jamie Turndorf, Ph.D.

Can You Tell Mr. or Ms. Right from Mr. or Ms. Totally Wrong?

Stop playing Russian roulette with your heart. Spare yourself the heartache of dating--or worse--marrying the wrong person. Don't leave your love life to chance.

What if you met Mr. or Ms. Right and didn't know it...Or worse, walked right past him/her?!

One of the greatest obstacles to choosing your ideal mate is not knowing what type of person is right for you! This guide will help you create the profile of your ideal mate, the partner of your dreams. Knowing who is right is your first step on the path to lasting love!

When it comes to mate selection, most people allow themselves to be guided by superficial factors such as physical appearance or outward trappings of success, such as flashy cars, and so on. As long as you have eyes, you know what type of person turns you on, but physical attraction is only skin deep and isn't enough to guarantee lasting love.

Despite the conscious rationalizations that most people come up with to explain their choice of mate, the reality is that mate choice is primarily driven by the unconscious mind. In fact, it's said that 98% of the choices we make (the jobs we choose and the partners we select) is driven by the unconscious part of the psyche. Unfortunately, in the realm of mate selection, the unconscious mind is notorious for steering us wrong--especially if we are still saddled with Old Scars from childhood.

If Old Scars are still on the scene, we will invariably choose a partner who emotionally resembles the parent who let us down or harmed us. We do this so that we can replay the worst and most traumatic aspects of our childhood, hoping to achieve what I call our Happy Ending, which is a resolution of the original wound.

Unfortunately, because we choose partners who are limited and damaged in the exact same ways that our parents were, we never succeed in obtaining that Happy Ending. Instead we just keep banging our heads on the proverbial wall, fighting the same old fight, draining our lives away day by day, all the while getting nowhere.

But the urge to heal is so great, we often choose to stay with the wrong partners, desperately trying to change ourselves (thinking if only I try harder and am a better person/partner) I will succeed in fixing my partner and our relationship, and then I will finally win my Happy Ending. Even when this plan doesn't work, you will be inclined to stay because giving up on your partner and your relationship feels like giving up the hope of ever healing your Old Scar.

In the event that you do manage to break free and break up, the sad fact is unless you heal your Old Scar you will end up with the same type of wrong partner again and again.

To truly break free, you need to identify and heal your Old Scar. When your healing is finished, you will no longer be drawn to a “damaged goods” domestic partner. I have many ways to assist you in healing the Old Scar: my advice archives on <http://askdrlove.com> are loaded with articles on this topic (see Unfinished Business, Repetition Compulsion and Old Scars).

In addition, my book, ***Till Death Do Us Part (Unless I Kill You First)*** presents my step-by-step plan for identifying and healing your Old Scars. Last but not least, my book ***Make Up Don't Break Up***, shows you how to further nurture yourself and raise your self-esteem. Find out more about both of these books on <http://askdrlove.com>.

Once you've healed your Old Scar and raised what I call your Personal Net Worth, you will be ready to form a healthy relationship. At this point, you are ready to magnetize the right partner to you.

But you need to take one more step. Since you are no longer going to give the time of day to that old kind of partner, you need start from scratch and define your new ideal partner, your Mr. or Ms. Right.

This ***Create a Mate*** workbook will help you to do just that. It is based on all the factors that are related to compatibility, which includes, Homogamy (or similarity in all the areas that matter most, Relationship Enhancing Communications and strong Couple Identity. (See my article on this topic for a full understanding of what compatibility is.)

Through a series of detailed questions, I guide you to define every aspect of your perfect mate. From looks, to level of education, type of work, tastes, religious, spiritual, and financial, values, interests and tastes. I leave no stone unturned.

When you clearly define who is right for you, something magically occurs. You somehow manage to attract your ideal mate. I've seen it again and again; the clarity of your vision works like an affirmation, drawing the right partner to you, and this same clarity helps you to recognize your Mr. or Ms. Right when he/she comes along, rather than allowing him/her to pass you by.

INSTRUCTIONS

If you are not in a relationship currently, use this guide to define your ideal partner.

If you are re-entering the dating scene following a break-up, use this guide to help you re-define your ideal partner, to choose a better partner for you this time around.

If you are re-entering the dating scene following the death of a spouse, use this guide to help you clarify the traits that you currently seek in a partner.

Perhaps you will want to choose someone similar to your deceased spouse and perhaps you will discover that you would like a partner with different traits.

If you are married or in a committed relationship, use this guide to help you examine whether your current partner is truly ideal for you.

Be as detailed as you can in describing your ideal mate.

When you are done, print your answers and post them on your fridge and bathroom mirror. Reread your answers every day. This daily affirmation has worked like a charm for many of my patients, who are now happily married. Now let my guide work for you!

Let's begin by finding out what your ideal mate's physical traits are.

Physical Traits

Describe the physical characteristics that appeal to you, including hair color, height, body type, the way your ideal mate moves, whether he/she is athletic or not, and whatever other physical qualities you can imagine.

Your Ideal Mate's Overall Appearance Is:

His/Her Hair Color Is:

His/Her Body Type Is:

He/She Moves This Way:

His/Her Build Is:

He/She Also:

Great, Now Let's Talk About:

Income

Describe the type of work your ideal mate does, how much he/she earns, the hours per day that he/she works, whether your ideal mate owns a business, is a professional, paraprofessional, artist, or manual worker, and whether he/she works days or nights, whether the work involves travel, and anything else you can think of.

He/She Works As A:

- Business Owner
- Professional
- Paraprofessional
- Artist
- Manual Worker
- Stay At Home Dad/Mom
- Other (Describe):

He/She Earns:

His/Her Work Hours Are:

His/Her Work Involves:

- Travel
- Home Office
- Weekends
- Entertaining
- Anything Else :

He/She Also:

Good, Let's Go On To The Dreaded...

Financial Matters

Describe how your ideal mate handles money. Is he/she frugal, a big spender, does he/she max out credit cards or not, does he/she like to save, and if so how much does he/she believe in putting aside? Does he/she keep organized financial records? Does he/she invest or not? Would your ideal mate have a problem if one of you earned much more than the other?

He/She Handles Money:

- Frugally
- Is a Big Spender
- Intelligently

He/She Handles Credit Cards:

He/She Saves:

He/She Puts Aside For A Rainy Day:

He/She Invests:

He/She Doesn't Mind If I:

- Earn more money
- Earn less money
- Don't work outside the home
- Anything else:

He/She Also:

Ok, Now For A More Pleasant Subject:

Leisure Activities

Describe how your ideal partner likes to spend free time. What are his/her hobbies? Are his/her hobbies the same as yours? How much time does he/she like to spend with family and friends, and how much time does he/she spend with you? How does he/she like to spend weekends, nights off, etc? Be as specific as you can.

He/She Spends Free Time Doing:

His/Her Hobbies Are:

He/She Likes To Spend Most of His/Her Time With:

- Me.
- His/Her family.
- His/Her friends.
- He/She Spends More Time With:
- He/She Spends Weekends:
- He/She Spends His/Her Nights Off:
- He/She Also:

Now For The Good Stuff:

Travel/Vacation

Describe the type of vacation and/or travel that your ideal mate prefers. Does he/she like to vacation at home or away? Does he/she like to vacation with family and/or friends or alone with you?

The Type Of Vacation He/She Prefers Is:

He/She Prefers to Travel Or Vacation With:

Good. Now Get Out Your Football Cleats and Let's Tackle This Subject:

Physical Activity

Is physical activity part of his/her life? If so, how often does he/she engage in working out or playing sports? Does he/she like to watch sports on television, and if so how often?

For Him/Her Physical Activity Is:

He/She Is Physically Active (Time):

For Him/Her Television Sports Are:

- As essential as mother's milk.
- Take it or leave it.
- Of no interest.
- Anything else:

He/She Also:

Ok, It's Time To Get Down:

Sexual Habits

Describe sex with your ideal mate. Spell out the frequency, the type of positions, the locations, the birth control, if that applies, whether your mate is sexually faithful or not, and anything else you can think of.

When We Have Sex Together:

We Have Sex:

- All the time
- Frequently
- Sometimes
- Not often
- Anything else:

His/Her Favorite Positions Are:

His/Her Favorite Locations Are:

He/She Feels This Way About Birth Control:

About Sexual Faithfulness, He/She Feels:

He/She Also:

Great. Now We'll Go From The "Heavenly" To The HEAVENLY:

Religion

Is your ideal mate religious? Does he/she go to church or not? Does he/she belong to a specific faith? Is he/she spiritual? Does your mate share the same religion or spiritual beliefs as you do? Write down everything you can describe relative to his/her religious and/or spiritual practices.

When It Comes To Religion He/She:

As Far As Church Is Concerned, He/She:

His/Her Spiritual Beliefs Are:

He/She worships:

He/She Also:

You've Survived Finances, Sex, and Religion, Now Let's Explore:

Together

How much time a day does your ideal mate like to spend alone? How much time does your mate want to spend with his/her own friends? How much time does he/she spend with you? How much time does he /she want to spend with his/her family and yours? Be very specific in fleshing out your answers to these questions.

As Far As Alone Time, He/She Needs:

When It Come To His/Her Friends:

Now For The Most Important Factor...You!

From a Time Standpoint, He/She Spends _____ With Me:

From a Time Standpoint, My Partner Spends _____ Time With His/Her Family:

From a Time Standpoint, He/She Spends _____ With His/Her Friends:

Wait A Second...Do I Hear Someone's Biological Clock Ticking?

Children

Does your ideal mate want children? Does he/she have children from a previous relationship or not? If so, how many. Does he/she accept the children that you have had from previous relationships?

With Regard To Children, My Mate Wants:

With Regard to Children, My Mate Has:

(If He/She Has Children) As Far As I'm Concerned, His/Her Children:

(If You Have Children) As Far As My Children Are Concerned:

That Was Easy In Comparison To The Next Subject:

Childrearing (If This Applies)

If children will be in the picture, then is your ideal mate a strict disciplinarian. Does he/she believe in physical punishment or does he/she reward and praise good behavior. Will your ideal mate set proper limits?

He/She Deals With Our Children This Way (If Applicable):

My Mate Deals With His Children (If Applicable):

My Mate Deals With My Children This Way: (If Applicable)

As Far As Being Strict With The Kids, He/She: (If Applicable)

As Far As Discipline, He/She Believes: (If Applicable)

With Regard to Physical Punishment, He/She Thinks That: (If Applicable)

My Mate Thinks Rewarding Good Behavior Is: (If Applicable)

With Regard To Setting Proper Limits, My Mate: (If Applicable)

As Far As My Mate Is Concerned, the Children Should Treat Him/Her:

As Far As He/She Is Concerned, the Children Should Treat Me:

My Mate's Priority, As Far As The Children Are Concerned Is:

He/She Also:

If That One Was Child's Play, This Next Topic Should Be NO Problem:

Conflict and Problem Solving

Does your ideal mate like to work problems out or sweep them under the rug? Does your partner yell when he or she is mad, walk away, or handle problems in a calm way?

He/She Works Problems Out This Way:

When It Comes To Sweeping Problems Under The Rug, He/She:

As Far As Yelling Is Concerned, He/She:

When My Partner Gets Mad, He/She:

I Admire When He/She:

My Partner Also:

You Accomplished That Section in Record Time. Now Let's See How Well He/She Communicates With You.

Communication

Does your ideal partner like to talk about feelings and problems or not? Is he/she a good listener or not?

With Regard To Talking About His/Her Feelings, He/She:

When It Comes To Listening To Me, He/She:

When It Comes To Listening To Others, He/She:

I Appreciate The Way He/She:

Your Ideal Man or Woman Is Looking Good! Now Let's See How He/She Feels About:

Attitudes and Beliefs

Does your partner have liberal, moderate or conservative political, religious, and/or sexual attitudes? For example, does he/she approve or disapprove of premarital sex?

Politically Speaking, He/She:

Religiously Speaking, He/She:

His/Her Attitudes About Sex Are:

With Regard To Premarital Sex, He/She Feels:

Racially Speaking, He/She Believes:

You're Almost There. Just One More Area To Cover...And This Is A Biggie!

Personal Qualities

Describe your ideal mate's personal qualities (using adjectives). For example, is he/she outgoing, shy, soft spoken, quiet, forceful, ambitious, proud, humble, kind, generous, sensitive, sweet, conservative, liberal, brave, thoughtful? Use as many adjectives as you want to detail your ideal mate. If I Went To The Dictionary, And Looked Up "My Ideal Mate," His/Her Biography Would Say:

There, that's it. You've Done It!

While it may have taken some work, if you look back at what you've done, you'll see that you've created the profile of your ideal mate. The significance of this exercise is more than first meets the eye.

Knowing what type of mate is right for you is going to make it so much easier for you to find YOUR Mr. or Ms. Right.

From now on, you will see view those who don't fit your ideal mate profile, not as "rejects," but as partners who are right for another person in your neighborhood who is creating her own unique ideal mate with me after you and I get done! Your Ideal Mate is out there....in fact according to statistics there are 10,000 people worldwide who possess the right qualifications.

(I just had a thought...Why don't you do this exercise again and describe yourself?)

The exercise of defining who you are will make it easier to communicate your traits to the partner you find!

Remember to print out your completed Create a Mate guide. Post it and read your ideal mate profile every day. This will help move things along faster.

And by the way, ... while you're waiting for your ideal mate to appear, you have time to "get dressed," so to speak and become the best you that you can be. Do your Psychological Check-Up, test your Relationship IQ. Above all read my book Till Death Do Us Part (Unless I Kill You First) to get a head start on healing any wounds that may still be lingering and which could bite your new relationship in the butt!

If your ideal mate is not in your line of vision right now, it only means you need time to prepare for him.

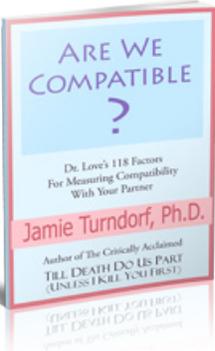
Besides, you want to be as relationally healthy, together, and strong as you can be for this one.

The guide you have just completed has helped you define your ideal mate's traits, values, and interests. Keep in mind that the more your values and interests are similar to those of your mate's, the more compatible you will be--meaning the more likely it is that your love will last a lifetime.

Dr. Love's Relationship Toolkit

FREE relationship tests and workbooks for you to measure your compatibility, find out who is right for you, test your own level of relationship knowledge, figure out where things went wrong, and much more!

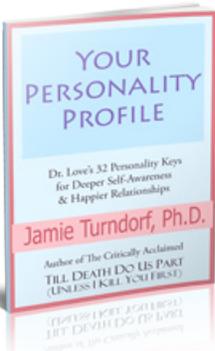
Visit <http://askdrlove.com> and get any of these workbooks and tests for FREE with your site membership and newsletter subscription. Or sign up at <http://facebook.com/askdrlove>.



Are We Compatible? Dr. Love's 118 Factors for Measuring Compatibility With Your Partner.

Research proves that Homogamy, or similarity, is the key to compatibility. This is because couples that are too dissimilar find themselves fighting over every issue big and small.

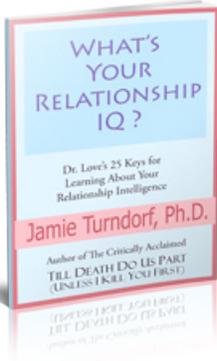
The truth is, the more similar you and your partner are the more compatible you will be. With this test, Dr. Love assesses your level of Homogamy in the all the areas that matter.



Your Personality Profile. Dr. Love's 32 Personality Keys for Deeper Self-Awareness & Happier Relationships.

Do you find yourself falling for the wrong person over and over again? Do you fear commitment? Are you afraid of being alone? How do you deal with jealousy, trust, decision making?

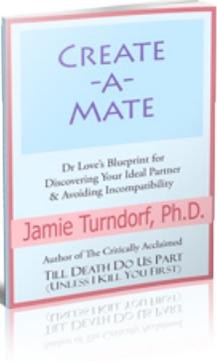
These questions are but a few of my 32 Personality Keys that will help you discover the issues that are blocking your path to successful relationships and happiness in general.



What's Your Relationship IQ? Dr. Love's 25 Keys for Learning About Your Relationship Intelligence.

Here we look at how you function in relationships through a series of multiple-choice options for how you would react in a given relationship situation. This test works in tandem with your Personality Profile to help you understand what makes you tick.

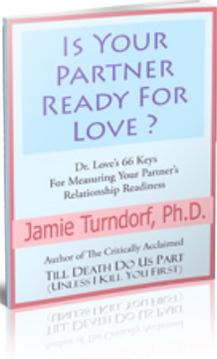
Preferred answers for the more healthy responses, analysis of your final score, analysis of why you might react the way you do, and suggestions on how to do things differently are provided.



Create-A-Mate: Dr. Love's Blueprint for Discovering Your Ideal Partner & Avoiding Incompatibility.

Can You Tell Mr. or Ms. Right from Mr. or Ms. Totally Wrong? Choosing the right person is your first step on the path to lasting love. Stop wasting your time and energy on the wrong partners!

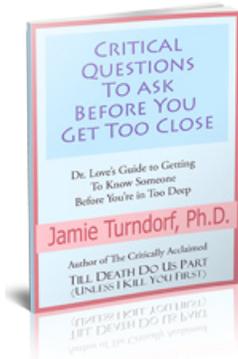
You will never have a good relationship with someone if you don't understand who is right for you. This test will help you create the profile of your ideal mate, the partner of your dreams.



Is Your Partner Ready For Love? Dr. Love's 66 Keys For Measuring Your Partner's Relationship Readiness.

Sometimes relationship problems can be caused by the fact that your partner just isn't ready for or even capable of having a relationship. But how can you tell?

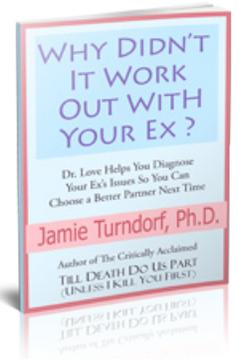
This test helps you determine if your partner is capable of being in a lasting relationship while revealing what unfinished childhood business or Old Scars might be preventing him or her from fully connecting with you.



Critical Questions to Ask Before You Get Too Close: Getting to Know Someone Before You're in Too Deep.

Look before you leap! By asking the right questions first, you'll be empowered to steer clear of people who may be right for someone else but not right for you.

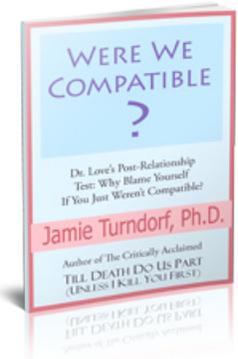
Making the right choice of partner to start with can save you a lifetime of pain and disappointment. Discover how much you have in common with over 100 questions in 22 areas such as life goals, religion, friends, career, and more.



Why Didn't It Work Out With Your Ex? Diagnose Your Ex's Issues So You Can Choose a Better Partner Next Time.

This test zeroes in strictly on your ex's psychology with a series of questions that helps you determine what baggage your ex might have been carrying that prevented him or her from being able to establish a real relationship with you—or anyone for that matter.

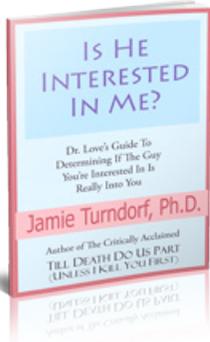
This knowledge not only helps you gain a healthy perspective on the past, but also assists you in making better relationship choices in the future.



Were We Compatible? Dr. Love's Post-Relationship Test: Why Blame Yourself If You Just Weren't Compatible?

A compatibility test similar to Are We Compatible? from the point of view of a relationship that's over.

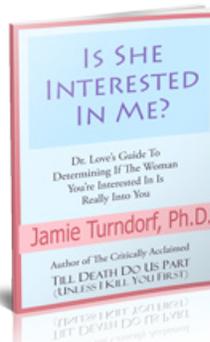
Determining where you went wrong before and in what ways you were incompatible with your ex can be vital in alleviating blame and guilt, and also help you avoid future heartache by steering yourself in the right direction next time.



Is He Interested In Me? Dr. Love's Guide To Determining If The Guy You're Interested In Is Really Into You.

How can you know if he is truly interested in YOU? Is there a way to know BEFORE you expose yourself and invest your heart? And what can you do to spark his interest in you and even fan the flames of his heart?

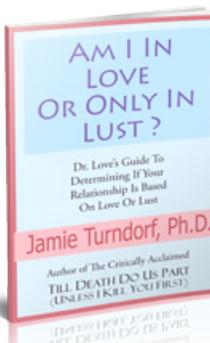
My Is He Interested in Me? test will tell you if your heart throbs heart beats for you and also show you how to raise his...heartbeat!



Is She Interested In Me? Dr. Love's Guide To Determining If The Woman You're Interested In Is Really Into You.

Women can be so hard to read. Sometimes, they send out mixed signals that make your head spin like a top! So how can you tell if she would be receptive to your advances before you leap off the ledge and risk falling flat on your face and puncturing your ego?

My Is She Interested in Me? test will tell you if your heart throbs heart beats for you and also show you how to raise her...heartbeat!



Am I In Love or Only In Lust? Dr. Love's Guide To Determining If Your Relationship Is Based On Love or Lust.

Do you ever wonder whether you are in love...or only in lust? Do you lie awake fretting that you or your partner may not have the kind of love that lasts a lifetime? Could you be confusing love with lust?

With this test I help you understand how to tell the difference between true love and simple sexual lust and determine which one your relationship is based on.

About Dr. Jamie Turndorf



For the past 28 years, grateful clients and audiences have been benefiting from Dr. Jamie Turndorf's life changing advice via television, radio, print, and on the Web. Her relationship advice has been featured in top magazines like *Cosmopolitan*, *Glamour*, *Psychology Today*, *New Woman*, *American Woman*, and *Men's Health*, and she's appeared as a featured expert on such shows as CNN, Inside Edition, Later Today, Fox News, and many others.

Dr. Turndorf is also widely known as the creator of AskDrLove.com, the Web's first and now oldest continuously operating free relationship advice site. Since 1996, she has been answering readers' questions for free, accumulating thousands of relationship, dating, and sex advice articles on every imaginable issue. She is also the host of Ask Dr. Love Radio which is presently hosted on BlogTalkRadio.com and undergoing syndication.

Dr. Turndorf books include: ***Till Death Do Us Part (Unless I Kill You First): A Step-by-Step Guide for Resolving Relationship Conflict***, which was endorsed by New York Times #1 Best Selling authors Dr. John Gray, author of *Men are From Mars, Women are from Venus*, and John Bradshaw, creator of Inner Child Healing and author of *Homecoming*, and Pulitzer Prize winning author and Harvard Professor of Psychiatry, Dr. John Mack; and ***Make Up Don't Break Up: Dr. Love's 5-Step Plan for Reconciling with Your Ex***, which outlines a thorough program of relationship reconciliation based on her acclaimed conflict resolution methods.

Be sure to visit <http://askdrlove.com> for more information on Dr. Turndorf's books, programs, free relationship guides, media appearances, and more.

You can follow Dr. Turndorf on Facebook at <http://facebook.com/askdrlove> and on Twitter at <http://twitter.com/ask-dr-love>.