

Trait List

This list contains a sampling of traits that characterize people’s personality and behavioral styles. They were drawn from the research literature and include traits thought to reflect some of the core aspects of personality. This list is not exhaustive. It is meant to be a guide so you can begin to understand yourself and your partner better. It also is not meant to imply that traits are inflexible or can’t change. Think of each trait as existing along a continuum. Some people may show a lot of it—meaning they exhibit that trait across time and in many different situations. Some people may show very little of it—meaning they occasionally display the trait in only specific situations. Also, be careful not to think of people as their traits—meaning sometimes you might label someone with a trait and then see the person only as that. This would be unfair. People typically have many different traits that can explain their behavior. Use the trait list to help you understand people as fully as you can.

Go ahead and begin to figure out which traits characterize you. If you’re not sure, enlist a trusted friend to help you.

	Best Worst			Best Worst			Best Worst	
Adventurous	<input type="checkbox"/>	<input type="checkbox"/>	Energetic	<input type="checkbox"/>	<input type="checkbox"/>	Outgoing	<input type="checkbox"/>	<input type="checkbox"/>
Affectionate	<input type="checkbox"/>	<input type="checkbox"/>	Enthusiastic	<input type="checkbox"/>	<input type="checkbox"/>	Outspoken	<input type="checkbox"/>	<input type="checkbox"/>
Aggressive	<input type="checkbox"/>	<input type="checkbox"/>	Even-			Passionate	<input type="checkbox"/>	<input type="checkbox"/>
Ambitious	<input type="checkbox"/>	<input type="checkbox"/>	tempered	<input type="checkbox"/>	<input type="checkbox"/>	Passive	<input type="checkbox"/>	<input type="checkbox"/>
Anxious	<input type="checkbox"/>	<input type="checkbox"/>	Excitable	<input type="checkbox"/>	<input type="checkbox"/>	Patient	<input type="checkbox"/>	<input type="checkbox"/>
Assertive	<input type="checkbox"/>	<input type="checkbox"/>	Excitement			Perfectionistic	<input type="checkbox"/>	<input type="checkbox"/>
Attention			seeking	<input type="checkbox"/>	<input type="checkbox"/>	Pessimistic	<input type="checkbox"/>	<input type="checkbox"/>
seeking	<input type="checkbox"/>	<input type="checkbox"/>	Fearless	<input type="checkbox"/>	<input type="checkbox"/>	Quick-		
Calm	<input type="checkbox"/>	<input type="checkbox"/>	Focused	<input type="checkbox"/>	<input type="checkbox"/>	tempered	<input type="checkbox"/>	<input type="checkbox"/>
Cautious	<input type="checkbox"/>	<input type="checkbox"/>	Funny	<input type="checkbox"/>	<input type="checkbox"/>	Reliable	<input type="checkbox"/>	<input type="checkbox"/>
Close-minded	<input type="checkbox"/>	<input type="checkbox"/>	Generous	<input type="checkbox"/>	<input type="checkbox"/>	Reserved	<input type="checkbox"/>	<input type="checkbox"/>
Competitive	<input type="checkbox"/>	<input type="checkbox"/>	Honest	<input type="checkbox"/>	<input type="checkbox"/>	Responsive	<input type="checkbox"/>	<input type="checkbox"/>
Confident	<input type="checkbox"/>	<input type="checkbox"/>	Impatient	<input type="checkbox"/>	<input type="checkbox"/>	Rigid	<input type="checkbox"/>	<input type="checkbox"/>
Conscientious	<input type="checkbox"/>	<input type="checkbox"/>	Impulsive	<input type="checkbox"/>	<input type="checkbox"/>	Selfish	<input type="checkbox"/>	<input type="checkbox"/>
Controlling	<input type="checkbox"/>	<input type="checkbox"/>	Inflexible	<input type="checkbox"/>	<input type="checkbox"/>	Sensitive	<input type="checkbox"/>	<input type="checkbox"/>
Courageous	<input type="checkbox"/>	<input type="checkbox"/>	Irresponsible	<input type="checkbox"/>	<input type="checkbox"/>	Shy	<input type="checkbox"/>	<input type="checkbox"/>
Creative	<input type="checkbox"/>	<input type="checkbox"/>	Jealous	<input type="checkbox"/>	<input type="checkbox"/>	Sociable	<input type="checkbox"/>	<input type="checkbox"/>
Critical	<input type="checkbox"/>	<input type="checkbox"/>	Kind	<input type="checkbox"/>	<input type="checkbox"/>	Spontaneous	<input type="checkbox"/>	<input type="checkbox"/>
Daring	<input type="checkbox"/>	<input type="checkbox"/>	Manipulative	<input type="checkbox"/>	<input type="checkbox"/>	Stubborn	<input type="checkbox"/>	<input type="checkbox"/>
Deceitful	<input type="checkbox"/>	<input type="checkbox"/>	Moody	<input type="checkbox"/>	<input type="checkbox"/>	Submissive	<input type="checkbox"/>	<input type="checkbox"/>
Demanding	<input type="checkbox"/>	<input type="checkbox"/>	Open-minded	<input type="checkbox"/>	<input type="checkbox"/>	Suspicious	<input type="checkbox"/>	<input type="checkbox"/>
Disciplined	<input type="checkbox"/>	<input type="checkbox"/>	Opinionated	<input type="checkbox"/>	<input type="checkbox"/>	Thoughtful	<input type="checkbox"/>	<input type="checkbox"/>
Disorganized	<input type="checkbox"/>	<input type="checkbox"/>	Optimistic	<input type="checkbox"/>	<input type="checkbox"/>	Unselfish	<input type="checkbox"/>	<input type="checkbox"/>
Easygoing	<input type="checkbox"/>	<input type="checkbox"/>	Organized	<input type="checkbox"/>	<input type="checkbox"/>			

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KEY NEEDS LIST

Needs	I know and like him. (I am confident that this is the guy I want, and I treat him in a way that shows that I like and respect him.)	Key need?	Being met?
What I need:			
Familiar	Do I know his best and worst traits? Do I understand how they make him who he is, influence how he acts, and affect the way he gets his needs met?		
Authentic	Is he fully open to showing all aspects of himself and to facing whatever fears he has about doing so?		
Attracted	Do I like his physical appearance just as it is without wanting it to change?		
Desire	Do I want to be sexual with him, and do I feel comfortable telling him about my sexual interests and needs?		
Interesting	Am I interested in his life (whatever it happens to be), and do I want to be a part of it?		
Support	Is he my go-to person in good times and bad times?		
How I treat him:			
Care	Am I attuned to his feelings, and do I respond in a helpful rather than hurtful way?		
Listen	Do I try to hear what he is expressing and what he means in order to understand who he is?		
Important	Do I consider and value his needs in my choices?		
Trust	Do I trust in his availability, consistency, and commitment, and do I trust him not to treat me in whatever way would be considered a betrayal in our relationship?		
Accept	Can I let him be who he is and not try to change him or make him into something he's not, doesn't want to be, or can't be?		
Forgive	Do I forgive him for mistakes he has acknowledged and move on?		
Help	Am I willing to respond to his requests for help with things he has to do?		
Safe	Do I make choices to help keep him emotionally, physically, and practically safe?		

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KEY NEEDS LIST

Needs	He knows and likes me. (He wants what I have to offer, and he treats me in a way that shows he likes and respects me.)	Key need?	Being met?
What he needs:			
Familiar	Does he know my best and worst traits? Does he understand how they make me who I am, influence how I act, and affect the way I get my needs met?		
Authentic	Am I fully open to showing all aspects of myself and to facing whatever fears I have about doing so?		
Attracted	Does he like my physical appearance just as it is without wanting it to change?		
Desire	Does he want to be sexual with me, and can he comfortably tell me about his sexual interests and needs?		
Interesting	Is he interested in my life (whatever it happens to be), and does he want to be part of it?		
Support	Am I his go-to person in good times and bad times?		
How he treats me:			
Care	Is he attuned to my feelings, and does he respond in a helpful rather than hurtful way?		
Listen	Does he hear what I am expressing and what I mean and use it to understand me?		
Important	Does he consider and value my needs in his choices?		
Trust	Does he trust in my availability, consistency, and commitment and trust that I will not treat him in whatever way would be considered a betrayal in the relationship?		
Accept	Can he let me be who I am and not try to change me or make me into something I'm not, don't want to be, or can't be?		
Forgive	Does he forgive me for mistakes I've acknowledged and move on?		
Help	Is he willing to respond to my requests for help with things I have to do?		
Safe	Does he make choices that help keep me emotionally, physically, and practically safe?		

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Do I Know and Like Myself?

Needs	I know and like myself. (I know my needs, I respect them, and I can meet my own needs.)	Yes	No	Not sure
What I need				
Familiar	Do I know my best and worst traits? Do I understand how they make me who I am, influence how I act, and affect the ways I get my needs met?			
Authentic	Do I know and understand all aspects of who I am because I face whatever fears I have about doing so?			
Attracted	Am I comfortable with the body I have?			
Desire	Do I feel comfortable being intimate, do I know what I'm ready for, and do I know what sex and intimacy mean to me?			
Interesting	Do I have a life of my own that I feel good about regardless of whether I'm in a relationship?			
Support	When I'm faced with challenging or upsetting situations, do I deal with them by actively problem solving rather than avoiding them?			
How I treat myself				
Care	Am I aware of how I feel, do I treat my feelings as legitimate, and do I use them to guide my behavior?			
Listen	Do I pay attention to what my gut/intuition is telling me and use it to help me make choices?			
Important	Do I consider and value my needs in my choices?			
Trust	Do I trust myself to not engage in behaviors that would betray who I am or what I need?			
Accept	Do I accept who I am? Do I take responsibility for my behavior, without being self-critical, feeling ashamed, or treating myself in a harsh manner?			
Forgive	Do I forgive myself for mistakes I've acknowledged and allow myself to stop thinking about them and move on?			
Help	Do I take responsibility for what needs to happen in my life and make sure it gets done?			
Safe	Do I recognize situations that are potentially dangerous for me (emotionally, physically, and practically) and make my safety a priority?			
Is there evidence that you know and like yourself? Write your conclusions here:				

Do I Know and Like Him?

Needs	I know and like him. (I am confident that this is the person I want, and I treat him in a way that shows that I like and respect him.)	Yes	No	Not sure
What I need				
Familiar	Do I know his best and worst traits? Do I understand how they make him who he is, influence how he acts, and affect the way he gets his needs met?			
Authentic	Is he fully open to showing all aspects of himself and to facing whatever fears he has about doing so?			
Attracted	Do I like his physical appearance just as it is without wanting it to change?			
Desire	Do I want to be sexual with him, and do I feel comfortable telling him about my sexual interests and needs?			
Interesting	Am I interested in his life (whatever it happens to be), and do I want to be a part of it?			
Support	Is he my go-to person in good times and bad times?			
How I treat him				
Care	Am I attuned to his feelings, and do I respond in a helpful rather than hurtful way?			
Listen	Do I try to hear what he is expressing and what he means in order to understand who he is?			
Important	Do I consider and value his needs in my choices?			
Trust	Do I trust in his availability, consistency, and commitment, and do I trust him not to treat me in whatever way would be considered a betrayal in our relationship?			
Accept	Can I let him be who he is and not try to change him or make him into something he's not, doesn't want to be, or can't be?			
Forgive	Do I forgive him for mistakes he has acknowledged and move on?			
Help	Am I willing to respond to his requests for help with things he has to do?			
Safe	Do I make choices to help keep him emotionally, physically, and practically safe?			
Is there evidence that you know and like him? Write your conclusions here:				

Does He Know and Like Me?

Needs	He knows and likes me. (He wants what I have to offer, and he treats me in a way that shows he likes and respects me.)	Yes	No	Not sure
What he needs				
Familiar	Does he know my best and worst traits? Does he understand how they make me who I am, influence how I act, and affect the way I get my needs met?			
Authentic	Am I fully open to showing all aspects of myself and to facing whatever fears I have about doing so?			
Attracted	Does he like my physical appearance just as it is without wanting it to change?			
Desire	Does he want to be sexual with me, and can he comfortably tell me about his sexual interests and needs?			
Interesting	Is he interested in my life (whatever it happens to be), and does he want to be part of it?			
Support	Am I his go-to person in good times and bad times?			
How he treats me				
Care	Is he attuned to my feelings, and does he respond in a helpful rather than hurtful way?			
Listen	Does he hear what I am expressing and what I mean and use it to understand me?			
Important	Does he consider and value my needs in his choices?			
Trust	Does he trust in my availability, consistency, and commitment and trust that I will not treat him in whatever way would be considered a betrayal in the relationship?			
Accept	Can he let me be who I am and not try to change me or make me into something I'm not, don't want to be, or can't be?			
Forgive	Does he forgive me for mistakes I've acknowledged and move on?			
Help	Is he willing to respond to my requests for help with things I have to do?			
Safe	Does he make choices that help keep me emotionally, physically, and practically safe?			
Is there evidence that he knows and likes you? Write your conclusions here:				
Are you in a healthy relationship? (circle your answer) Yes No				
Why or why not? Write your conclusions here:				

Exercise: How Do You Prioritize Your Key Needs?

To understand how key needs might differ based on the type of relationship you're in or the status of that relationship, select which needs are priorities for you in the following situations:

1. A casual relationship (for example, hookup, fuck buddy, FWB)

	"I know and like him."	"He knows and likes me."
Familiar		
Authentic		
Attracted		
Desire		
Interesting		
Support		
Care		
Listen		
Important		
Trust		
Accept		
Forgive		
Help		
Safe		

2. A dating relationship in the early stages

	"I know and like him."	"He knows and likes me."
Familiar		
Authentic		
Attracted		
Desire		
Interesting		
Support		
Care		
Listen		
Important		
Trust		
Accept		
Forgive		
Help		
Safe		

(cont.)

Exercise: How Do You Prioritize Your Key Needs? (cont.)

3. A committed monogamous relationship where you're planning to marry and have children

	"I know and like him."	"He knows and likes me."
Familiar		
Authentic		
Attracted		
Desire		
Interesting		
Support		
Care		
Listen		
Important		
Trust		
Accept		
Forgive		
Help		
Safe		

4. A committed monogamous relationship with no plans to marry and/or have children

	"I know and like him."	"He knows and likes me."
Familiar		
Authentic		
Attracted		
Desire		
Interesting		
Support		
Care		
Listen		
Important		
Trust		
Accept		
Forgive		
Help		
Safe		