

Capture His Heart: And Make Him Love You Forever 2.0

Part Three, Module 2: Worksheet

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Capture His Heart 3.2

Worksheet

The man buffet

Now take some time to think about which types of men you have been attracted to in the past, and which ones are the best kinds of matches for you.

Go back to the list you made in the last section, the one with the names of men you've dated, and what initially attracted you, what you liked most about them, and what some of the relationship deal breakers you encountered with each one were.

Can you determine which type of man they are? Are they one, or a mix of two or three types, from this list? If so, make a little note by each.

As you look over that list, what are the things you want to NOT repeat in a fresh relationship?

NOTE: if you don't have a list of men you've dated before, simply write down some characteristics of men you've known (your father, brothers, friends, teachers, neighbors, etc.) that you specifically don't want.

Now, go through the Man Buffet list below and put a check by the kinds of men you tend to find most compelling. Then note a few characteristics that you like, along with the things you probably should watch out for.

Remember, this is an exercise in self-discovery and reflection, not an effort to help you build (yet another) Perfect Man Checklist. . .

Also, you don't have to put something by all of them, only the ones that you find compelling.

_____ **Mr. Romance**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Man's Man**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Life of the Party**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Pretty Boy**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Geek or Nerd**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **Mr. In Control**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **Peter Pan**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Foreign Guy**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Underachiever**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Jock**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Damaged Man**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Bad Boy**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Sugar Daddy**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Shy Guy**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

_____ **The Brain**

Characteristics of this type that are compelling to me:

Where he intersects with unhealthy tendencies of mine:

Did you uncover any particular things that you want to be sure and remember in your next relationship? Items that came up more than once? How might this information help you the next time?

9-point danger zone checklist

You know what kinds of guys to avoid, but is there a particular man you want to evaluate right now? Here's the short form of the What NOT To Order list, so that you can find out quickly whether or not you're in the danger zone.

1. Do my friends like him?
2. Does he dislike my friends?
3. Does he talk trash about his family, co-workers, friends, or ex?
4. Does he always seem to have money for dates, expensive new sneakers, and other treats, but is unable to pay the rent (or is asking me for a loan)?
5. Do I know where his money comes from?
6. Does he brag about what a good liar he is, or how well he can dupe people (his boss, his mother, his ex) out of what he owes them?
7. Does he encourage me to do things independently?
8. Are the details of his past verifiable?
9. Do I ever find myself uncertain as to whether he's about to show affection or become violent?