

Finding Your Ideal Partner So You'll *Stay* in Love

Falling in love and **staying in love** are two very different things.

Falling in love is a rush. It's exciting, intoxicating, and sometimes overwhelming.

Your brain releases feel-good chemicals like dopamine and serotonin, and suddenly everything feels amazing. You feel energized, hopeful, and on top of the world.

But that chemical high doesn't last forever. Usually after about 18 to 24 months, those intense feelings start to fade. That's when the real relationship begins.

Staying in love requires something deeper than the emotions that started it.

You don't fall in love with other people.

You fall in love with how you feel when you're with them.

You love the emotional connection, the warmth, the sense of safety, the excitement, and the feeling that life suddenly has more meaning and possibility.

Those feelings are powerful.

Over time, you turn them into stories you tell yourself and others, and the more you repeat those stories, the more the romance grows.

Some people believe relationships work best when two people are exactly alike. Others believe opposites attract. In reality, **lasting relationships are usually a balance of both.**

You need enough similarities so you genuinely like and respect each other and enjoy spending time together. But you also need enough differences to keep life interesting, bring out the best in each other, and keep the spark alive.

The one-in-a-million couples who fall in love, and stay in love for decades, have the following combination:

Similar Values - Similar Interests - Opposite Personalities

When you find someone who shares your core values, interests, and motivations (things you have in common, things you both like to do, things that might cause you to become friends with someone), but who has personality traits that balance and complement yours (in DISC terms, a "D" matches better with an "S" and an "I" matches better with a "C"), you've found your best friend.

"D"s, the dominant, driving controllers need to feel powerful, strong, motivated, able to take on the world, courageous, confident, like a champion, unstoppable.

"S"s, the supporters, need to feel valued, needed, cherished, lovable, precious.

“I”s, the promoters, need to feel important, famous, influential.

“C”s need to feel intelligent, smart, clever, sensible, correct, wise, taken seriously.

The strongest romantic relationships are built on friendship. Friendship is simple: people tend to like people who are similar to themselves. That’s why it’s important to understand your own values and what matters most to you.

*** **How do you know if you’ve found the right person?** ***

Normally, when you fall for someone new, there are the head-spinning feelings of excitement and desire, but there’s also **tension**.

When you meet your matched opposite, however, that tension is replaced by an enormous, unmistakable sense of **calm and relief**.

The number one reason for divorce is that most people marry the wrong person in the first place.

The good news is there are many potential right partners for you in the world. But most people you meet won’t be that person.

IMPORTANT - If you meet someone you like, but the relationship doesn’t feel right, or it isn’t working the way you hoped - if you don’t feel a **CLEAR** sense that it’s right, let the relationship go.

Two people can both be good people and still not be right for each other.

Real love isn’t just about looking at each other—it’s about looking outward together in the same direction.

Everyone needs someone they can connect with emotionally and intellectually. Someone they trust. Someone they can share ideas with, celebrate life’s moments with, and build a future alongside.

When two people communicate openly and honestly about their feelings and emotions, they create trust, reassurance, hope in the future, and a shared sense of purpose.

When two people are aligned in their values, beliefs, and interests, the ones who have opposite personalities (D-S and I-C), have a better chance of forming a lasting bond than other personality combinations.

“D” - Dominant Driver (Task Oriented / Move Fast)

Direct - Daring - Bottom Line - Decisive - Aggressive - Impulsive - Optimistic - Powerful
Controlling - Dominating - Achiever - Confident - Strong Willed - Quick to Anger
Inconsiderate - Ambitious - Doer - Ambitious - Confident - Leader - Forceful
Goal Oriented - Demanding - Self Disciplined - Organizer - Gets Job Done - Insensitive
Unemotional - Fearless - Tactless - Passionate - Focused - Practical - Problem Solver
Self Reliant - Impatient - Overbearing - Intolerant - Bold - Persuasive - Competitive
Adventurous - Brave - Driving - Determined - Takes Charge - Outspoken - Restless
Result Oriented - Restless - Risk Taker - Dictatorial - Dreamer - Determined - Defiant
Easily Bored - Independent - Outspoken - Assertive - Pioneering - Confronting
Strategic - Direct - Self Confident - Self Assured - Persistent

“D” when Stressed (at their worst)

Arrogant - Combative - Reckless - Headstrong - Autonomous - Tactless - Dictatorial
Pushy - Predatory - Offensive - Ruthless - Rude - Disrespectful - Conceited
Intimidating - Dogmatic - Defiant - Impatient - Demanding - Obsessive

“S” - Steady Supportive (People Oriented / Move Slow)

Peaceful - Reliable - Even Tempered - Supportive - Calm - Watcher - Dependable
Efficient - Stubborn - Self Content - Kind - Shy - Relaxed - Easygoing - Steady
Balanced - Good Listener - Gentle - Understanding - Diplomatic - Neat - Caring -
Soft Spoken - Timid - Peaceful - Quiet - Consistent - Faithful Friend - Steady - Accepting
Affectionate - Stable - Permissive - Supportive - Sweet - Loyal - Obliging
EvenTempered - Considerate - Patient - Family Oriented - Moderate - Tolerant
Agreeable - Good Natured - Neighborly - Trusting - Adaptable - Satisfied - Sweet
Sentimental - Servant - Submissive - Status Quo - Helpful - Team Oriented
Cooperative - Methodical - Predictable - Empathetic - Non Confronting - Sensitive
Traditional - Forgiving

“S” when Stressed (at their worst)

Complacent - Unemotional - Dispassionate - Hesitant - Timid - Dependent - Spineless
Slow - Passive - Closemouthed - Monotonous - Enabling - Self Inflicting - Possessive
Dishonest - Fragile - Resistant - Uninvolved - Grudging

“I” - Influencers (People Oriented / Move Fast)

Sociable - Outgoing - People Person - Talkative - Easygoing - Lively - Carefree
Popular - Promoter - Life of the Party - Cheerful - Influencer - Friendly - Restless
Self Centered - Light Hearted - Fun Loving - Confident - Cocky - Arrogant
Day Dreamer - Impulsive - Lives for Fun - Curious - Smiles Often - Witty
Conversationalist - Optimistic - Enthusiastic - Energetic - Expressive - Loud
Charismatic - Spontaneous - Distractible - Exaggerator - Risk Taker - Spontaneous
Enjoys Change - Demonstrative - Emotional - Story Teller - Loves Attention
Extroverted - Great Personality - Sense of Humor - Quick to Apologize - Forgetful
Love Excitement - Imaginative - Illogical - Restless - Easily Bored - Charming - Trusting
Amusing - Convincing - Relational - Communicative - Lighthearted - Flexible - Articulate
Passionate - Gregarious - Ingenious - Persuasive

“I” when Stressed (at their worst)

Unrealistic - Manipulative - Frivolous - Fickle - Exaggerating - Impulsive - Gossipy
Shallow - Unfocused - Illogical - Self Promoting - Distractible - Frenetic - Loud
Fast Talking - Impractical

“C” - Compliant Cautious (Task Oriented / Move Slow)

Perfectionist - Analyzer - Thinker - Organized - Precise - Detail Oriented - Truthful
Well Mannered - Faithful - Dependable - Self Sacrificing - Loyal - Accurate - Thoughtful
Cautious - Critical - Planner - Curious - Competent - Obsessive - Moody - Modest
Hard to Please - Conservative - Accurate - Sensitive - Systematic - Explanatory - Fussy
Well Disciplined - Respectful - Cold - Peaceful - Introspective - Loves Data - Quiet
Loves Facts - Scrutinizing - Predictable - Controlled - Orderly - Factual - Independent
Steady - Rigid - Anxious - Sober - Pessimistic - Reserved - Unsociable - Formal -
Cautious - Correct - Conformist - Compliant - Conscientious - Conformist - Calculating
Observant - Solitary - Cautious - Exacting - Efficient - Logical - Idealistic - Consistent
Questioning - Excellent

“C” when Stressed (at their worst)

Severe - Picky - Scheming - Unsociable - Distrustful - Fixated - Perfectionist
Faultfinding - Rigid - Uncaring - Compulsive - Emotionless - Fretful - Stubborn
Theoretical - Suspicious - Prying - Evasive - Superior

Relationship Books

His Needs, Her Needs

- Willard Harley, Jr.

The 5 Love Languages

- Gary Chapman

The 5 Apology Languages

- Gary Chapman

The Seven Principles for Making Marriage Work

- John Gottman

The Man's Guide to Women

- John & Julie Gottman

Eight Dates

- John & Julie Gottman

The Proper Care and Feeding of Marriage

- Dr. Laura Schlessinger

Ten Stupid Things Couples Do to Mess Up Their Relationships

- Dr. Laura Schlessinger

The Proper Care and Feeding of Husbands

- Dr. Laura Schlessinger

Love and Respect

- Emerson Eggerichs