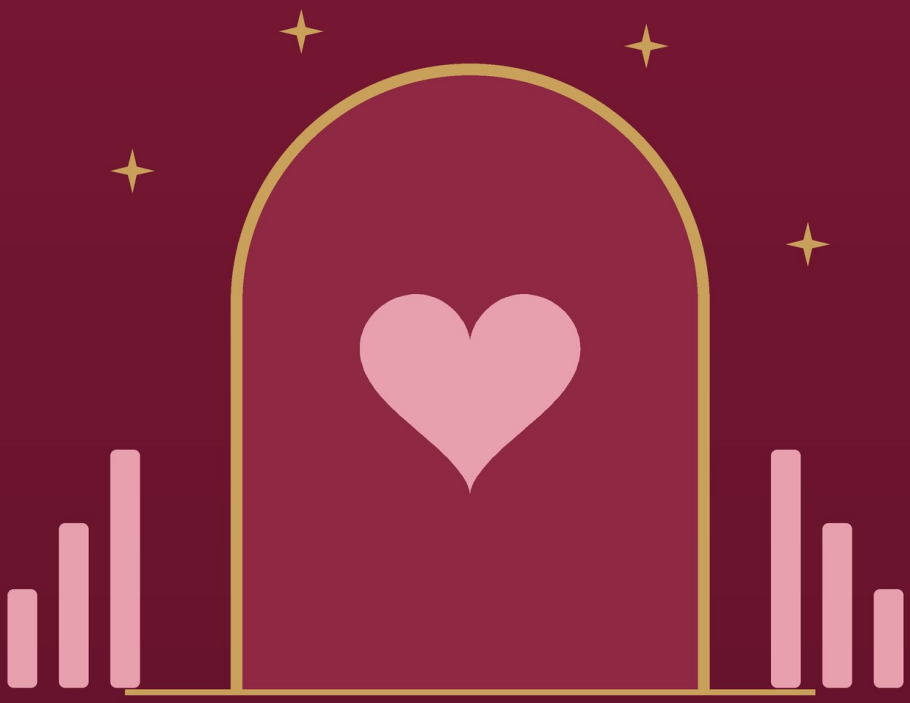
LOVE ADVICE FOR WOMEN



Standards & Dealbreakers

A Self-Assessment Workbook

WORKBOOK

@loveadviceforwomen

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Welcome

Here is a hot take worth sitting with: a man who is "good on paper" but makes you feel bad in person is not actually good on paper. Credentials do not override how someone treats you.

That is what this workbook is about. Not a wish list of job titles and heights, but a clear, honest picture of how you want to feel in a relationship, and the behavior that protects that.

What you will do in this workbook

1. Get clear on your core values and how you want to feel.
2. Sort your wants into Must-Haves, Nice-to-Haves and Dealbreakers.
3. Separate real standards from old fears and outdated lists.
4. Practice holding your standards without over-explaining.
5. Build a simple one-page "Standards Card" you can keep.

Give this 60 to 90 minutes, somewhere quiet. Be honest, not impressive. Nobody else needs to see it.

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Part 1: How I Want to Feel

Standards work best when they come from feelings, not from a checklist. Start here.

Circle the 6 feelings that matter most to you in a relationship

Safe	Respected	Calm	Adored
Free	Understood	Secure	Playful
Challenged	Supported	Chosen	Confident
Peaceful	Valued	Energized	Trusted

When have I felt most like this in a relationship, friendship or family?

What did the other person do that created that feeling?

When have I felt the opposite? What was happening?

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Part 2: Values & Non-Negotiables

Values are the deeper things a relationship stands on. Rate how important each is to you from 1 (nice) to 5 (essential).

Value	What it means to me	1	2	3	4	5
Honesty	No lies, no hiding, no half-truths.					
Kindness	How he treats people, not just me.					
Reliability	He does what he says he will do.					
Ambition	He is building something for his life.					
Emotional maturity	He can name and manage his feelings.					
Family	Children, closeness, shared future.					
Faith or beliefs	Shared or respected worldview.					
Independence	Space for my own life and friends.					
Humor	We laugh together, often.					
Affection	Warmth, touch, being shown love.					

My top 3 values are:

1. _____
2. _____
3. _____

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Part 3: Sort Your List

Now translate your values into behavior. Be specific: "kind" is a value; "is patient with waiters and does not raise his voice" is a standard you can actually observe.

Must-Haves

Without these, it does not work. They are qualities of character and conduct, and they should be few.

Nice-to-Haves

Lovely bonuses that I can be flexible on. Preferences, not principles.

Dealbreakers

Behavior I will not accept, no matter how much I like him. I will walk away.

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Part 4: Is It a Standard or a Fear?

Not everything on our list is a real standard. Some items are protection from an old hurt. That is human, and it is worth knowing the difference.

A real standard sounds like	An old fear sounds like
"He communicates clearly when he is upset."	"He must never be upset."
"He respects my time and my no."	"He must always agree with me."
"He is financially responsible."	"He must earn more than every man I have known."
"He takes accountability."	"He can never make a mistake."
"I feel safe in his presence."	"He must prove himself constantly."

Look back at your lists in Part 3. Which items might be fears in disguise?

Rewrite one of them as a behavior you could actually observe:

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Part 5: The "Good on Paper" Test

Use this whenever a man looks perfect on paper but something feels off. Answer honestly about how you feel, not about how it looks.

- ☐ After I spend time with him, I feel worse about myself than before.
- ☐ I find myself managing his mood more than my own.
- ☐ I make excuses for behavior I would not accept from a friend.
- ☐ I am more anxious than at peace most days.
- ☐ I keep pointing to his job, looks or potential to justify staying.
- ☐ The same issue keeps repeating, even after we have talked about it.

> **How to read this:** Two or more ticks means it is worth pausing. The resume was never the point. How he treats you is.

Practice Holding a Standard

You do not have to justify wanting more. Here are three ways to say it plainly.

Situation	A clear, calm way to say it
He cancels last minute, again.	"I need someone who is reliable. This pattern does not work for me."
He dismisses your feelings.	"I hear that you see it differently, but my feelings are still valid."
The relationship has no clarity.	"I need something with more clarity than this. I am going to step back."

Write one line for a situation I have struggled to speak up about:

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My Standards Card

Fill this in, then screenshot or print it. Keep it where you will see it, especially on the days you feel tempted to lower the bar.

MY STANDARDS

How I want to feel: _____

My top 3 values: _____

My Must-Haves: _____

_____

My Dealbreakers: _____

_____

My reminder to myself: *"You are allowed to want more, and you do not have to apologize for it."*

Your standards were never the problem. Follow @loveadviceforwomen for daily advice.

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