











Pillars of Attraction

Whether you're in a relationship, single, or dating, considering the different realms of attraction can be really helpful to make sure that your romantic relationships are in alignment with your values, needs, and desires. In our modern society, we put a lot of reliance on our romantic partnerships, and this means that there is a lot of pressure on one person to meet all of our needs. Of course this is an unreasonable expectation (no one can meet this standard!) and it's also helpful to make sure you're not settling for less than you deserve. The Pillars of Attraction can be helpful in honestly checking in with yourself to see where your partnership lines up.

 PHYSICAL	 SEXUAL	 INTELLECTUAL	 EMOTIONAL	 SPIRITUAL
<ul style="list-style-type: none"> - Physical attributes - Physical nonsexual touch and comfort - Sound of their voice/laugh - Draw to their energy 	<ul style="list-style-type: none"> - Desire - Intimacy - Compatibility - Comfort in expressing your needs - Safety 	<ul style="list-style-type: none"> - Stimulation - Conflict resolution - Banter/humor - Learning/growth mindset - Challenge each other 	<ul style="list-style-type: none"> - Open communication - Open expression - Deeper connection - Understanding - Curiosity - Safety 	<ul style="list-style-type: none"> - Values alignment - Faith alignment - Future desires alignment - Respectful disagreements

My Relationship Check-In: Pillars of Attraction

Use the below chart to explore your own relationship perception in this moment. Please note that this is a snapshot of how you're feeling about and how you're seeing your relationship right here, right now. This snapshot will change and shift dynamically indefinitely. This is not the conclusion about your relationship, rather a data point to come back to again.

Today's Date					
Pillar					
	PHYSICAL	SEXUAL	INTELLECTUAL	EMOTIONAL	SPIRITUAL
My Rating <i>On a scale of 1-10, 1 being poor, 10 being wonderful</i>					
My Rationale <i>What influenced/ impacted my rating?</i>					
My Average <i>Add up the numbers above, then divide by 5 and times by 10 The number will become a percentage out of 100</i>					

Exploration Questions

Use the above descriptions to help you walk through the below reflection/exploration questions about your partner/relationship:

How strong are each of the pillars above for you? Rate each pillar strength on a scale of 1 (very weak) to 10 (very strong) and explain what made you give it that rating.
In what ways can you strengthen each of your pillars? Provide yourself with 1-2 tasks that can help support you in rebuilding the pillar's strength.
What situations/people/elements are weakening each of your pillars? What is in your control to remove those items from your life or modify them to be less destructive?
The 'ideal' is to have 70% in each pillar 70% of the time (AKA: Above average most of the time). What conversations are needed with your partner to try to facilitate more consistency in having your needs met?
What barriers do you see getting in the way of improving each of the pillars?

Let's remember that no relationship (or person) is perfect. Everyone and everything has flaws, including you, your partner and your relationship. The point of this exercise is to check in about ways that you and your partner can improve your relationship and get closer to your ideal relationship.

If you think a bit of extra support would be helpful, reach out to our team of trained therapists. Your therapist can support you in making a personalized plan to dive deeper into understanding your relationship and how to improve it moving forward. Learn more about our team members on our website - www.therapyuninterrupted.ca/our-team - or book your free consultation with a therapist [here!](#)