**Prototypes**

The concept of “prototypes of love” is discussed in our textbook.  The assumption is that all of us, whether formally or informally, have a list of what we are looking for in a mate.  Make of list of the 15 most important things you look for in a mate.  Once you have completed the list, put a start next to the five characteristics, traits or qualities that you believe are most important.  Explain why you identified those five as being the most important qualities in a mate.

“We may not so much have formal definitions of love as we do prototypes of love.  (i.e., models of what we mean by love) stored in the backs of our minds.”  (Strong & Coheen, 2014, pg. 156)  My list of the 15 most important things I look for in a mate, with a start next to the five characteristics, traits or qualities that I believe are most important, in no particular order either.

1. Spiritual\*
2. Trust\*
3. Communication\*
4. Love\*
5. Honesty
6. Loyalty
7. Commitment
8. Respect
9. Caring
10. Friendship\*
11. Supportive
12. Driven
13. Kind
14. Accepting
15. Understanding

“Love is essential to our lives.  Love binds us together as partners, spouse, parents and children, and friends and family.  Love creates bonds that we hope will enable us to endure the greatest hardships, suffer the severest cruelty, and overcome any distance.”  (Strong & Coheen, 2014, pg. 148)

Trust- Trust is extremely important in a relationship.  If you can’t trust your significant other then your relationship or marriage just flat out won’t work.  With trust comes honesty, you should be open and honest with your spouse or significant other.  Trust takes time to build but once you have it, it’s not something you want to lose. Trust is something hard to get back.

Communication- They say communication is key, and whoever came up with that saying is true.  Communication with your spouse or significant other can either help or destroy your relationship.  While communicating with your partner you’re able to build a better lasting relationship.  With communication you’re able to build a bond over time which is how you also build trust.

Friendship- Friendship is essential to the soul.  I think it’s important to build your relationship off of a friendship.  My ideal relationship begins from a friendship, I one day hope to marry my best friend (guy).  Your best friend knows you better than you know yourself, they know your strengths, weaknesses, how to motivate you, they’re always there for you, you have your highs and lows but at the end of the day they’re there for you no matter what.  Your best friend, you guys can talk about any and everything, you’re confidant.  Your spouse should be your best friend and lover.

Spiritual- It is important to me that a man has a relationship with God, a man that aspires to live a Christ centered life.  A man of God is important to me.  His faith, his wisdom through the Lord.  His drive and his purpose to serve the Lord.  A man that God has designed will possess all the traits to make a relationship or marriage work in my eyes, despite the hardships, God conquers all.

“Love is also expressed behaviorally in several ways, with the expression of love often overlapping thoughts of love:  verbally expressing affection, such as saying “ I love you,”  Self disclosing, such as revealing intimate personal facts, giving nonmaterial evidence, such as offering emotional and moral support in times of need and showing respect for the other’s opinion,  expressing nonverbal feelings such as happiness, contentment, and security when the other is present.  Giving material evidence, such as providing gifts or small favors or doing more than the other’s share of something, physically expressing love, such as by hugging, kissing, and other sexual activity, and tolerating and accepting the other’s idiosyncrasies, peculiar routines, or annoying habits, such as forgetting to put the cap on the toothpaste.” ( Strong & Coheen, 2014, pg. 157)

Reference List:

Strong, B, & Cohen, T.F. (2014).  *The marriage and family experience: Intimate relationships in a changing society (12th ed.).*Belmont, CA: Wadsworth.