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Six Important Character Traits to Look For in a Man

(From Barbara DeAngelis, Ph.D—*The Real Rules*)

1. Commitment to growing and improving (means he wants to learn everything he can about being a better husband and a better person. You don't have to threaten him to grow—he's doing it on his own).
2. Emotional openness-sharing of feelings. You should feel the door to his heart is open, rather than closed.
3. Integrity—knowing you can count on a man to be truthful with you at all times will give you a tremendous sense of security...look for signs he is honest with himself, with you, and with others. You want to respect the way he treats people professionally and personally.
4. Maturity and responsibility—good character means a man has grown up and doesn't act like a child, expecting you to take care of him. He does what he says he is going to do in life, keeps his promises, shows up on time, and respects his word.
5. High self-esteem—your partner can only love you as much as he loves himself. One of the biggest mistakes we make in choosing partners is focusing on how much our mate loves us and how he treats us, and not how he treats himself. Good character means a man feels good about who he is and how he's living his life, rather than walking around apologizing for himself. He takes good care of himself, his body, his environment. He doesn't allow others to mistreat him.
6. Positive attitude toward life—sees the goodness in the world, in you and in himself. You end up feeling good about life when you're with him.