

## The True Love Test (Women)

*The following questions can help you determine: **Is he really in LOVE with you?***

1. How often does he go **out of his way** for you -physically, emotionally, intellectually?
2. Does he genuinely want to know your **authentic feelings**, fantasies & fears?  
Is he impacted by them? *ie: If you get interrupted while speaking, does his curiosity bring you back to your point? Or if you share an upset feeling, does he ask about it?*
3. Does he prioritize your **physical & emotional safety**? More often than not, do you feel understood & revered by him? Is he a sanctuary for your soul?
4. Does his behavior (not just his words) indicate that your personal needs, **wants and desires are important** to him?
5. Is he committed to you expanding your **sexual power** and having **you** enjoy sex?
6. Does he **encourage your ambition** and support your personal, professional & emotional development? Is he a trampoline for your dreams?
7. Does he comfortably talk about his **future with you** in it?  
Can you also see that future?
8. When he introduces you to others, is there **pride and reverence** in his voice?
9. Is he willing to do **whatever it takes** to make this relationship work for both of you?
10. Would he be **proud and excited** to have a daughter that turned out just like you?

## **The True Love Test (Men)**

*The following questions can help you determine: **Is she really in LOVE with you?***

1. Does she value her inner thoughts, feelings & needs enough to share them with you? In particular, can she **reveal her tender heart** when she's in pain?
2. Does she honor, admire and encourage your goals and purpose in the world? Does she **see greatness in you** and consciously create sacred space for you to do your best work? Is she a trampoline for your dreams?
3. Does she have the **strength to hold you** in your confusion, pain or fear and create a safe place for you to feel loved & supported? Is she a sanctuary for your heart?
4. Will she **risk your 'disapproval'** in service of standing for your greatest self and the relationship's growth? ie: Will she call you on playing small and invite you back into integrity with your own values.
5. Is she receptive to hearing your **deepest sexual truths**, fantasies & expressions, without judging, demeaning or marginalizing them?
6. Does she yearn to **liberate you from shame** wherever it may lurk or hold you back?
7. Is she willing to develop herself as an independent woman with heart-centered leadership skills and create the **most inspiring version** of herself? Does she believe & honor the greatness you see in her?
8. Do her grounded requests call you to a **higher standard of manhood**, trustability and beauty?
9. Is she willing to do **whatever it takes** to make this relationship work for both of you?
10. Would she be **proud and excited** to have a son who turned out just like you?<sup>2</sup>

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