

# 111: Finding Your Relationship Style and a Love that Lasts

## 10 Point Checklist

**Dr. Pat Allen**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"Old souls have been male and female over and over."**

**DR. PAT ALLEN**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Know myself before deciding to seek out a serious partner. I need to be completely aware of my likes and dislikes before pursuing a relationship.
- Maintain a healthy balance in my relationship. One partner should be respected and the other should be cherished.
- Find out what type of relationship I am in to clearly understand my situation. The four types of relationships are convenient, codependent, covenant and moneymaker.
- Observe my partner to see if they have narcissistic tendencies, which can harm the relationship in the long run.
- Learn more about masculine and feminine energy and understand that men and women possess both types. A relationship is like a yin and yang and masculine and feminine energy should balance each other.
- Create personal boundaries and set clear expectations with my partner about what I want out of the relationship.
- Check my pheromone compatibility with potential partners. One's smell can determine if they are a possible mate.
- Make sure my partner is not too foreign or taboo to protect genetics and avoid any complications with offspring.
- Don't hesitate to seek help and undergo therapy if I feel like I need some counseling with my partner. A lot of marriages have survived and thrived because of therapy.
- Go to [www.drpatallen.com](http://www.drpatallen.com) and get the Lifetime of Love Series and the Want Training for Effective Living to start improving my approach to relationships today.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/finding-relationship-style-love-lasts-dr-pat-allen/>