



# Four Areas of Attraction

*A Therapeutic Model developed by Phillip Bass of Trinitas Services*

**Reflect.** Attraction is rarely a single feeling—it shows up across several dimensions at once. Consider each of the four areas below, make notes on what you notice, and rate where your attraction falls on the scale from low to high.

- Physical Attraction**
- Do you find someone physically appealing?
  - Do you like the way they look?

Notes

---

---

---

Low 1 2 3 4 5 6 7 8 9 10 High

**Intellectual Attraction**

- Do you enjoy conversations with them?
- Are you attracted to how they interpret and think about the world?

Notes

---

---

---

Low 1 2 3 4 5 6 7 8 9 10 High

**Emotional Attraction**

- Do you like the way you feel around them?
- Do you miss them when you are apart?
- Do you feel staged together—allowed to be your true self?

Notes

---

---

---

Low 1 2 3 4 5 6 7 8 9 10 High

**Social Attraction**

- Do you like who they are in the world? (how they treat children and animals, how they vote, what they eat, their belief systems, etc.)

Notes

---

---

---

Low 1 2 3 4 5 6 7 8 9 10 High

*“We all want the freedom to be ourselves, yet we are most afraid of being ourselves.”*

[www.nurtureplaystructure.com](http://www.nurtureplaystructure.com)