Four Areas of Attraction

Area of Attraction	Definition	Notes
Physical Attraction	Do you find someone	
	physically appealing?	
	Do you like the way they	
	look?	
Scale of Attraction:	(Low) 1 - 2 - 3 - 4 - 5 -	6 - 7 - 8 - 9 - 10 (High)
Intellectual Attraction	Do you enjoy	
	conversations with	
	them?	
	Do you find yourself	
	attracted to how they	
	interpret and think	
	about the world?	
Scale of Attraction:	(Low) 1 - 2 - 3 - 4 - 5 -	6 - 7 - 8 - 9 - 10 (High)
Emotional Attraction	Do you like the way you	
	feel around someone?	
	Do you find you miss	
	them when you are	
	apart?	
	Do you feel staged when	
	you are together	
	(allowed to be your true	
	self)?	
Scale of Attraction:	(Low) 1 - 2 - 3 - 4 - 5 -	6 - 7 - 8 - 9 - 10 (High)
Social Attraction	Do you like who they are	
	in the world? (ex. How	
	they treat children	
	and/or animals, how	
	they vote, what they eat,	
	their belief systems,	
	etc.)	
Scale of Attraction:	(Low) 1 - 2 - 3 - 4 - 5 -	6 - 7 - 8 - 9 - 10 (High)