



Mini Course

# Is He Marriage Material?

*Not If You Have To Slice Off  
Pieces Of Yourself  
To Fit Into His Life!*

Activity  
Workbook



# Welcome!

**Hi, I'm Nichole White, creator of Detail Your Ideal Male.**

So, who am I to be teaching you this stuff?

Well, I am a therapist specializing in marriage and relationship issues. I hold a Master's Degree in Mental Health Counseling and have many years experience in dealing with families, marriages and dating related issues.

But most importantly, I've been where you are multiple times. I've survived at least 3 mismanaged relationships, been cheated on, been emotionally abused, been depressed, quit trying and started over again. I finally took control and now have a happy marriage and I want to teach you how to take control too.

I can't promise you a perfect marriage and beautiful babies, but I can get you on the path so you can find that for yourself!

Before we get started, though, you must know one thing about me... I say this every year: I hate Father's Day. Not that I hate the concept of a day honoring fathers. I loved celebrating that day with my own Dad when he was here.

What I really hate about this particular holiday is reading post after post in my social networking streams like Facebook, Twitter, Google+, etc. where female friends, acquaintances and yes, even strangers, are doing one main thing...complaining about their "baby-daddies":

"My baby-daddy ain't s\*\*\*. He doesn't visit his son! He doesn't pay child support."

So, why have a child--or even a relationship--with this guy in the first place?

That's why I came up with the concept of Detail Your Ideal Male. It's here to help women avoid getting involved with men that are the primary deadbeat dads, moochers, and jerks that are complained about the world over.

If we would just pay attention to who he really is and not let emotions overwhelm logic, we can avoid A LOT of these issues. It's time to make a plan, decide what type of man you want to be with, and pursue the right one for you, not wait on just any guy to wander by.





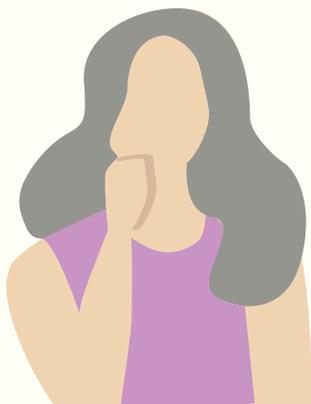
## Day 1

### Your Goals and Dreams

If you don't know yourself or your needs well, and hook up with someone before finding YOU first, you may end up realizing that the person you are with does not fit you or your life at all, or at least not enough for things to last very long.

To get you started, I suggest you look at these areas in your life.

Your goals can be in any category, including career, travel, health, spirituality... anything at all.



What do you want to be when you grow up? Do you have a specific career in mind? Is there any special education you want to achieve? Anywhere in particular you want to work? Maybe even start your own business?

What about fun? Have you always wanted to travel? Where to? How long? Don't be modest; anything is possible!

Do you have any specific body or health goals? Want to lose a bit of weight? Gain weight? Gain muscle? Run a marathon?

Do you feel a lack in your spiritual life? Want to attend church more? Study other religions? Memorize a holy book or two? Become a Buddhist? None of the above?



## Day 1, cont.

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Do you want kids? No kids, but more dogs? A cat or two? Be a llama's mama? Plan your own family goals!

Add more goals here!



## Day 2

### Recognize "chipping"

If he wants you to do something against your beliefs, or you find yourself questioning if it is the right thing for you to do, then you are on your way to breaking down.

If your heart and mind tell you this isn't right for you, but he doesn't care that you hurt...that's a red flag.

If he's okay with manipulating you like that, then he's not worth it.

What are your strongest beliefs that you should watch out for any attempts on his part to change?

What's dear to you?

*Examples include: you don't drink, you don't have sex before marriage, you keep your pets at all costs, etc.*





## Day 3

### Are Your Friends and Family Concerned?

If friends or family start noticing changes in you and bring them up, don't get defensive.

Sometimes this is a tip-off that you are in a abusive relationship, and potentially in danger.

Try not to brush it off just because it's frustrating to hear.

Remember, they know, love, and just want the best for you.

Are your friends and family showing concern about who you are dating?

How do you feel about their opinion?

Could they be right? Could you learn something from them? Be honest!





## Day 4

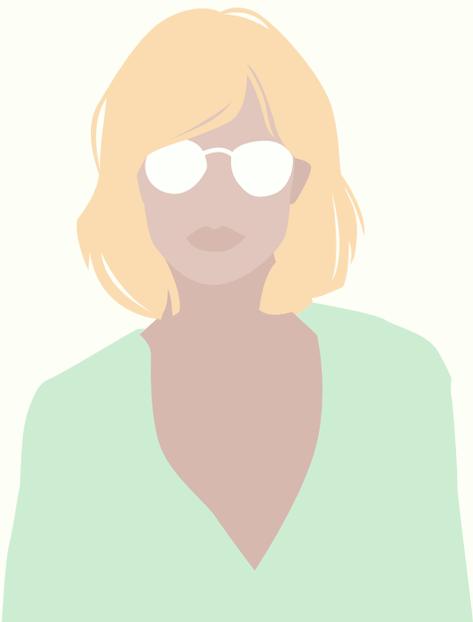
### Stop it in its tracks

In the last lesson, I asked you to examine who you were before him...and now. Do you still believe in the same values?

I asked you to look closely at yourself. I asked you to listen to your loved ones.

Did anything bad come up? If so, then you need to take action and leave this situation.

Especially if it's potentially abusive.



If you came up with any red flags yesterday in your reflections, you need to take action to change your situation.

Write what you discovered, what you are going to do and when.



## What Did You Learn?

Day one, you learned about yourself. Now you know you have to know who YOU are to avoid changing too much to fit with someone else. So you took some time to determine who you really are and a few goals for your life.

On day two, you learned what chipping is, how to recognize it, and how to differentiate it from good growth: moving out of your comfort zone. You learned how to determine whether a man who was requesting you to make changes was worth what he was asking...or not.

In day three, you examined who you were before him...and who you are now. Do you still believe in the same values? If not, is it because you truly expanded, changed, and had positive growth...or are you doing it to make him happy and allowing pieces of your real self to be chipped away? You looked closely at yourself. You really listened to your loved ones.

And in day four, you revisited what you found, and if you witnessed chipping in progress, you took care of it.

You did do all of the above, right?

It's not too late!

You have every right to determine who is allowed in your life and who deserves your time. I hope these tips helped you gain more confidence to take action and control and therefore avoid the losers, moochers, abusers and other male trash that is out there.

If you have any questions or have other problems you'd like to see addressed in the future, please do let me know! I want to help!

Thanks for participating and I wish you the best!

*Nichole*