



A FREE SELF-WORK BOOKLET FROM THE SECURE BOND

Finding the Right Partner

You do not find the right partner by searching harder. You find them by knowing yourself first. A CBT booklet for choosing love with open eyes.



Esti Kedem · CBT-certified relationship & life coach · thesecurebond.com

BEFORE YOU BEGIN

Complete people choose better

Here is what I have learned from years of sitting with couples, the thriving ones and the struggling ones: the best relationships were not found by lucky people. They were chosen by clear ones.

You do not need someone to complete you. You are complete already. A well-rounded person does not search for a missing half. They look for a partner who adds value, joy, and happiness to a life that is already theirs. When you approach love from wholeness instead of hunger, everything about your choosing changes: who attracts you, what you tolerate, and when you walk away.

"Love is when you like their personality. When you respect their values, that is love in action. And when you commit to helping them achieve their goals, that is love in practice."

Esti Kedem

Step 1 · Know what you are choosing with

Most people choose partners with their wounds, not their values. The CBT truth: unexamined patterns pick for you. Answer honestly:

The pattern I keep repeating in who I choose (the same type, the same ending):

What that pattern might be trying to fix or prove from my past:

Step 2 · Values before chemistry

Chemistry starts a relationship. Values sustain it. Attraction fades and returns in seasons, but misaligned values grind every single day. Write your five non-negotiable values, the ones your home must stand on. Family, honesty, growth, faith, ambition, kindness, health, whatever is truly yours.

Now the brave question: does the person you are considering, or searching for, actually live these values? Not say them. Live them. Watch what they do on an ordinary Tuesday.

Step 3 · Green flags over red flags

Everyone lists red flags. But avoiding the wrong person is not the same as recognizing the right one. Learn the quiet green flags:

GREEN FLAGS TO SEEK

- Repairs after conflict instead of punishing you with silence.
- Keeps small promises. Trust is built in grams.
- Is curious about your inner world, and has one of their own.
- Respects your no without sulking.
- Celebrates your growth instead of competing with it.

RED FLAGS TO HONOR

- Charm that turns cold when you set a boundary.
- Contempt: eye-rolling, mocking, making you small.
- "You are too much" whenever you have a need.
- A trail of villains: everyone before you was crazy.
- You like yourself less around them.

Step 4 · The CBT check on your choosing thoughts

When you are deciding about someone, your mind will offer sentences. Test them:

Fear talking: "This is my last chance. I should settle."

Clear thinking: "A wrong relationship costs years. My standards are not too high, they are my values with a spine."

Fantasy talking: "They will change once we are together."

Clear thinking: "I am choosing the person in front of me today, exactly as they live today."

Hunger talking: "Being with anyone beats being alone."

Clear thinking: "My life is already full. A partner is a bonus to it, not a rescue from it."

Step 5 · The one-page portrait

The three values my person must live, not just say:

How I want to feel about myself when I am with them:

One old pattern I am officially retiring, starting today:

The quiet secret

The strongest move in finding the right partner is becoming the right person for your own life first. Tend your friendships, your hobbies, your growth, your peace. Whole attracts whole. You are terrific on your own, and the right person will make that magnificent, not smaller.



Want clarity on your patterns?

Understanding who you choose and why is life-changing work, and it is gentler with a guide. Come talk it through with me.

Book your free 15-minute call at thesesecurebond.com

Or go deeper: book your Introduction Session

calendly.com/estiluv2coach-7nim/30min · 75 minutes · on Zoom

WhatsApp: wa.me/17285006027 · Instagram: [@the_secure_bond_](https://www.instagram.com/the_secure_bond_)