



*Love & Relationship Coach*

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## What is Your Love Impulse?



Have you ever noticed you're dating the same person over and over again? It could be your Love Impulse at play. Your Love Impulse: We each have a specific one. Our type reflects patterns how we connect and relate with each other, set in childhood, and predicts how we will interact in romantic relationships. There is no right or wrong, good or bad here. Instead, use this knowledge to support you in building more secure and emotionally connected relationships.

**Take this test to discover your Love Impulse type.**

### ● *When a new relationship is starting*

*A* I desire connection but wonder what they want from me

*B* I fall fast and hard

*C* I go slow and am very cautious

*D* I go with the flow yet don't rush things

### ● *When there is friction in the relationship, I usually*

*A* Am Baffled and feel that the problem is unsolvable

*B* Over-focus on others, and I lose myself in the relationship

*C* Feel superior in not needing others, wishing others were more self-reliant

*D* Find it easy to apologize and repair the upset

### ● *In a relationship the thing I need most is*

*A* To feel I am safe from abuse and have control

*B* To be heard, understood and validated

*C* My own space and independence

*D* To feel supported and know I can count on someone

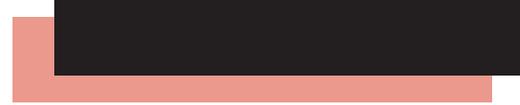
### ● *How comfortable are you with intimacy?*

*A* I want intimacy with a partner, but I tend to freeze when they get close

*B* I generally crave intimacy and feel anxious when I don't have it

*C* I often feel suffocated by my partner

*D* I am comfortable with the intimacy of relationships



● *When under stress I usually*

- A* Avoid people because I don't know who I can trust to help me.
- B* Reach out to friends or my partner, I need to process with others.
- C* I often need space, alone, before I talk with anyone
- D* Either spend time with others or alone. I'm flexible depending on the circumstances

● *In my relationships the thing I worry about most is*

- A* Being in a compromising position where I can be hurt verbally or physically
- B* Being hurt, rejected, cheated on or left
- C* Losing my independence and feeling trapped
- D* Being taken for granted

● *After spending a couples weekend away with my partner, I feel:*

- A* Confused because I felt a closeness to my partner but also annoyed because of their glaring bad habits
- B* Happy we spent exclusive time together but often sabotage that feeling once we've returned because of the sudden physical and emotional separation
- C* Smothered by my partner and intentionally seek out greater alone time upon return
- D* Content and connected with my partner and also excited to tend to things important to me

● *How supportive of your partner are you?*

- A* I daydream about supporting a partner but am fearful no one will support me in return.
- B* I typically focus more on my career than I do on relationships
- C* I sometimes discount my own needs for the relationship and my partner
- D* I balance my needs and the relationship's needs in healthy ways





● *What is your communication pattern with your partner?*

- A* I want to express myself with my partner, but I find intimate conversations difficult to have
- B* I pull away when hurt or feeling ignored, despite secretly wanting my partner to chase me
- C* I tend to get defensive or avoid altercations with my partner
- D* I'm direct. I don't play games and easily communicate my feelings

● *How do you respond when dating?*

- A* I don't date, it's too vulnerable
- B* I constantly check online to see if my partner is on
- C* I stay active with online dating, even if I believe a current partner wants to be exclusive
- D* I date but am not worried about finding a partner. I trust the right one will show up soon

● *Tally how many points you have for each letter*

*A*-----*B*-----  
*C*-----*D*-----



Anxious-Avoidant



Anxious



Secure



Avoidant

Everyone has a dominant love impulse but may exhibit certain tendencies from one or more of the other Love Impulse types depending on the relationship and style of one's partner.

Email me at [kate@katehoustoncoaching.com](mailto:kate@katehoustoncoaching.com) to request your Love Impulse Map and Key to understand your Love Impulse type!