

compiled by Brittany Bailey

# My Little Book of Whether or Not He's Worth It

a guideline as seen by one  
girl who read  
"He's Just Not That Into You"  
By Greg Behrendt & Liz Tuccillo

"It's very tempting when you really want to be with someone to settle for much, much less—even a vague, pathetic facsimile of less-than you would have ever imagined. Ladies, please, keep your eye on the prize. Remember always what you set out to get, and please don't settle for less. If you can't do it for you, do it for everyone else: [Good-for-nothing] guys are able to exist because there are a lot of women out there who allow them to."

- Greg Behrendt

He's Just Not That Into You, pg 49

*I Will Only Date*

*and*

*Eventually Marry:*

A man who makes me feel so excited, I can't stop myself from wanting more.

A man who doesn't keep me guessing about his feelings and what he wants.

A man who pursues me.

A man who sees me as the bright spot in his day.

A man who means it when he calls me baby.

A man who will forget about all the other things in his life before he forgets about me.

A man who does what he says he's going to do.

A man who doesn't make me feel anxious, uneasy, or worse by being in a relationship with him than I did being alone.

A man who makes an effort to be a peacemaker and bring harmony to fights and disagreements.

A man who is not afraid of commitment and proud to call me his.

A man who makes being around him feel natural and easy.

A man who doesn't suppress his feelings to look cool or appear uninvolved.

A man who never keeps me in the dark.

A man who never would do anything to compromise the integrity of our relationship, or get anywhere close.

A man who can respectfully discuss issues without manipulation or losing his temper.

A man who is strong and tough, but not a "bad boy."

A man who doesn't make me feel ashamed, needy or "unliberated" for wanting marriage and a family.

A man with whom a relationship would bring me closer to my aspirations for the future.

A man who makes me feel comfortable enough to bring up sensitive topics.

A man who loves me enough to marry me in every time zone if that's what I wanted.

A man who doesn't need forever to realize I'm the best thing that's ever happened to him.

A man who would move mountains to keep me.

A man who doesn't like to be without me, instead of just not wanting to be alone.

A man who allows me to love freely, without restrictions.

A man who doesn't have to heal in the relationship, but has already taken care of his past.

A man who makes it clear in his everyday actions that my happiness is important to him.

A man who makes a constant attempt to love the people I hold dear, and especially my family.

A man who does not engage in any activity to an extent in which I feel uncomfortable.

A man who understands that there is no reason to yell at anyone ever, unless for safety reasons.

A man who treats me just as perfectly in public and around his friends as he does when we're alone.

A man who treats me better than I feel I deserve.

A man who never belittles me to feel superior.

A man who goes out of his way to make sure I know my worth is infinite, that I'm smart, valuable and deserving of everything I've ever wanted.

A man who hungers for information about me and doesn't spend our time solely talking about himself.

A man who has the ability and desire to provide.

A man who doesn't make me feel like I have to give up anything which I find to be essential for making life enjoyable.

A man who honors the woman I am and have the potential to become.

