

## CHARACTERISTICS OF SOULMATE EXPERIENCES

Copyrighted Material from the forthcoming book  
Kindredness, Kinships, and Soulmate Experiences  
by Robert S. Badame, Ph.D. and Shelley F. Diamond, Ph.D.

1. A feeling that you've been looking for each other all your life.
2. A deep sense of relief and visceral feeling of fulfillment in each other's presence. A driving need to be together. Separation may feel acutely painful.
3. A seamless sense of continuity, regardless of how long it's been since you met or last made contact.
4. A sense of security and confidence that you have a permanent bond that will endure despite separation, time, distance, or even death.
5. A mutual feeling of true selves being known, understood, and appreciated by someone essentially similar. Looking at the world with the same perspective.
6. An uncanny ability to perceive and echo the subtleties of each other's thoughts, and involuntarily experience the other person's feelings.
7. An ability to be comfortable in silence, minds entwined without words.
8. An inability to deceive each other, nor to manipulate without detection. The inescapable vulnerability, lack of privacy, and defenselessness may feel uncomfortable and thrilling at the same time.
9. An easily sustained deep intimacy with a lack of emotional barriers, even when you want or need them. There's a tendency to exclude other people, yet too much time alone together can create self-absorbed overload and burn-out.
10. Either an unusual lack of conflict or, for toxic soulmates, intense conflict based on competing similarities or denial/fear of similarities, despite being irresistibly drawn together.
11. A quirky commonality that is difficult to rationally explain. This may include a high amount of coincidence, synchronicity, and blended eccentricities.
12. A difficulty in being able to describe the qualities and significance of the relationship to others, but even those who are unable to understand your experience may have a strong awareness of and/or reaction to it.
13. The likelihood of having encountered one or more soulmates increases as age increases. The later in life a soulmate experience occurs, the greater the likelihood of having the emotional maturity to maintain the relationship.
14. The likelihood of finding a soulmate increases in places where you feel "at home."
15. The intensity of the soulmate experience increases along a continuum as the depth and complexity of similarities between the two people increases.

Copyrighted Material from the forthcoming book  
Kindredness, Kinships, and Soulmate Experiences  
by Robert S. Badame, Ph.D. and Shelley F. Diamond, Ph.D.

### EXTERNAL SIMILARITIES (Tangible/visible qualities)

Similar age, ethnicity, gender, sexual orientation, or other physical characteristics

Similar religious upbringing, schools attended, place growing up, or other aspects of background, culture, or history

Similar home and family arrangements or concerns, activities done in free time, or other lifestyle choices

Similar occupation, skills, career objectives, or other work-related aspects

### INTERNAL SIMILARITIES (Intangible/invisible qualities)

Similar likes and dislikes, sense of humor, obsessions, and other aspects of style, attitude, character, or personality

Similar sexual preferences, kinks, need for affection, and other aspects of romance and intimacy

Similar temperament and emotional responses to family, friends, lovers, and community in specific situations

Similar approach to change, crisis, decision-making, problem-solving, and other intellectual challenges

Similar level of competitiveness, ambition, risk-taking, demand for perfection, and other work-related aspects of business/career

Similar philosophical, political, and/or spiritual beliefs, and other values, goals, and priorities in life

**FEELING OF KINDREDNESS AND LIKELIHOOD OF A SOULMATE EXPERIENCE INCREASES AS THE NUMBER OF BOTH EXTERNAL AND INTERNAL SIMILARITIES INCREASES.**

Copyrighted Material from the forthcoming book  
Kindredness, Kinships, and Soulmate Experiences  
 by Robert S. Badame, Ph.D. and Shelley F. Diamond, Ph.D.

### **TRADITIONAL COUPLES**

Romance diminishes over time

Commitment consciously chosen  
 and must be regularly renewed

Wish certain aspects changed, flaws  
 resignedly tolerated

Need to learn how to communicate and  
 understand each other

Both feel somewhat mysterious to  
 partner, some things better left unsaid

Fundamental disagreements can  
 lead to serious arguments

Potential for jealousy and insecurity

Challenge is to discover and  
 maintain commonalities, make  
 time for togetherness

Questions: How to get closer?  
 How to live with unmet longing  
 for closeness?

Sex is used as a vehicle to bring  
 each other closer. Momentary  
 feelings of "oneness" occur  
 occasionally during sex.

### **ROMANTIC SOULMATES**

Romance deepens & permeates over time

Being together seems like foregone  
 conclusion, undeniable inevitability

Appreciated exactly the way you are,  
 including flaws

Communicate effortlessly, understand  
 immediately, sixth sense of perception

Both feel known inside out, whole truth  
 cannot be concealed or avoided

Few fundamental disagreements,  
 can argue for fun

No one else can compete, bond is  
 unquestionably secure

Challenge is to discover and welcome  
 differences, make time to spend apart

Questions: How to get enough distance?  
 How to keep from suffocating  
 in the closeness?

Sex is an extension of the compelling  
 closeness that already exists. Fluid feelings of  
 "oneness" frequently flood sexual encounters.