

# RELATIONSHIP READINESS CHECKLIST

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## PERSONAL WELL-BEING:

- ☐ I have a strong sense of self and am comfortable with who I am.
- ☐ I have taken time to heal from past relationships and am not carrying emotional baggage.
- ☐ I am emotionally stable and able to manage stress effectively.
- ☐ I have a support system of friends and family that I can lean on for guidance and encouragement.

## COMMUNICATION SKILLS:

- ☐ I am able to express my thoughts and feelings openly and honestly.
- ☐ I actively listen to others and am receptive to different perspectives.
- ☐ I can communicate my needs and boundaries in a clear and assertive manner.
- ☐ I am open to constructive feedback and can handle disagreements in a respectful way.

## RELATIONSHIP GOALS:

- ☐ I have a clear understanding of what I want in a long-term relationship.
- ☐ I am ready for the commitment and responsibilities that come with being in a serious relationship.
- ☐ I have realistic expectations about love and relationships.
- ☐ I am open to personal growth and learning through the experiences of a relationship.

## INDEPENDENCE:

- ☐ I have a fulfilling life outside of a romantic relationship, including hobbies and interests.
- ☐ I am financially independent and responsible.
- ☐ I am comfortable with solitude and don't rely on a relationship to fill a void.
- ☐ I have a healthy work-life balance and personal boundaries.

## EMOTIONAL AVAILABILITY:

- ☐ I am ready to invest time and emotional energy into building a connection with a partner.
- ☐ I am capable of forming a secure emotional attachment.
- ☐ I understand the importance of empathy and emotional support in a relationship.
- ☐ I am prepared to share both joys and challenges with a partner.

#### TRUST:

- ☐ I trust myself to make good decisions in relationships.
- ☐ I am capable of trusting others and giving them the benefit of the doubt.
- ☐ I have overcome major trust issues from past experiences.
- ☐ I am comfortable with vulnerability and being emotionally open.

#### LIFESTYLE ALIGNMENT:

- ☐ I have a similar vision for the future as a potential partner.
- ☐ I am open to compromise and finding common ground on lifestyle choices.
- ☐ I am aware of and accepting of differences in values and beliefs.