

Dating Checklist

(Vet compatibility with potential partners)

- Are they consistent and emotionally available?
- Do you feel heard?
- Do you enjoy spending time with them?
- Do you feel relaxed and accepted with them?
- Do you resonate with their level of emotional maturity?
- Do they respect your boundaries and personal space?
- Do they clearly ask for what they need?
- Do they understand their part in past relationships?
- Do your values align?
- Do they admit when they are wrong or make a mistake and apologize or make things right?
- Does your dynamic feel healthy?
- Do they want to same outcome you want from dating?
- Is it the right thing, at the right time?
- Is it something you want to pursue?