



Relationship Readiness Health Check

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To assess your readiness for a committed relationship rate yourself in the following 10 areas. Try to be honest and objective as much as possible!

Rating Scale: 8-10 Good 5-7 Ok 0-4 Needs Work

Score

1. Emotional Health & Wellbeing

I feel relatively good about who I am and my self esteem is in a good place. I am healthy in my mind and spirit and this will not interfere with what I am looking for. This means I am unlikely to settle due to an unhealthy belief that I am not worthy of having the type of relationship I want.

2. I am available for a committed relationship

I have figured out what went wrong in my past relationships. I know how I was hurt and what I need to do differently in the future. I am not suffering with grief, anger or bitterness.

3. I know what I am looking for

I have written a list of 10 non negotiable requirements for screening potential partners. I know I cannot compromise if they are missing as a relationship will not work for me. I have also written a list of 10 most desired traits that would create a sense of deep satisfaction and contentment with my choice in partner.

4. My finances and legal affairs are in order

I have no legal or financial issues that would interfere with having the relationship I want.

5. I am satisfied with my life

I have created a sense of satisfaction with my life. I am not waiting to find the right person before I starting living and enjoying life. I enjoy my own company and not needy or desperate to find someone.

6. I have life direction

I have a sense of what I want out of life and the direction I am going. I feel motivated and have goals that I am working towards.

Score

Score

7. I know my relationship patterns

I figured out my patterns and why I attract certain types of people. While some of these have been good others have been detrimental and it is these areas I am aware of and making changes.

8. I can set boundaries and say no

I can take the first step forward in meeting new people and I can be effective at disengaging from people who are not a match for me. I am able to keep my emotional and physical boundaries in tact and think with my head and not just with my heart and how good things feel in the moment.

9. I have effective communication skills

I understand what is involved in creating a relationship. I can express my feelings, be myself and maintain intimacy and closeness. I am able to trust myself and be vulnerable as well as give and receive love.


10. My family relationships are functioning


Whilst I understand that family relationships can be challenging. I am in a place where my relationship with my ex, children, siblings, family and extended family are not going to interfere with me starting a new relationship.



Scores

 **80-100 – You are in a good place to start dating and finding the right person for you.**

 **50-79 - You are on your way to being ready. Take it slow in relationships or trying waiting a bit longer and keep working on your healing or self development.**

 **0 - 49 – Take some more time out before you go seeking a partner. Your scores suggest you are not yet ready. Find the life you want and be happy within yourself first before looking to build something new with another person.**



Would you benefit from coaching or counselling? Why not email Joanne today for details of how I can assist you in becoming relationship ready?

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