









Are You Ready To Be In A Relationship?

1. You have healed from your last relationship and you have had closure. 
2. You have learned you cannot change anyone's behavior unless they want to do so. 
3. You have mastered creating happiness for yourself. 
4. You accept the unspoken agreement that when you enter a relationship, there are possibilities and risks. You accept taking the risks of breaking up. 
5. When in a relationship, you have gained healthy communication skills. You can express your needs, reach out for support and speak your truth. 
6. When in a trusting relationship, you are able to show your vulnerability in front of your partner. 
7. You are able to express physical affection. 
8. If dating, you have taken time to date and learn if this prospective partner shares the same values and goals in a relationship. 

Freedom Rivera

9. You have learned to build healthy boundaries when in a relationship.



10. You are able to communicate your anger in a constructive manner.



11. You no longer think cues is a way to tell your partner what do you want.



12. You are willing to learn and teach in a relationship.



13. You are have learned when to let go of a relationship.



14. You have learned how to trust.



15. You don't judge (at least consciously).



16. You can be happy without your partner been around.



17. You can walk away from a partner that emotionally puts you down.



18. You practice equanimity in your relationship. You don't practice superiority, inferiority behavior. You treat your partner and yourself equally.



19. You no longer carry severe emotional baggage from the past. (If you have experienced traumas or severe hurtful events in your life, you have processed such events with a professional or seeing one).



20. If you are experiencing a chronic illness, (physical or mental) you are open to talk about this matter.



21. You do not accept any abusive behavior in order to maintain a relationship (includes physical, manipulative, verbal, emotional, financial).



22. You are able to recognize that despite your best efforts and beautiful self, if it doesn't work out, you will recover and will be alright.



Hey! lady bug,

How this checklist works?

The more checks, the more prepare you are to start a healthy relationship :)

*"Your task is not to seek for love,
but merely to seek and find
all the barriers within yourself
that you have built against it."*

Rumi

Disclaimer: This checklist is for educational purpose only.