

****Dating Checklist****

—
Brought to you by SimplySoundAdvice.com

****1. Personal Readiness****

- ☐ ****Self-awareness:**** Understand what you want from a relationship and why.
- ☐ ****Emotional stability:**** Ensure you're in a good place emotionally to start dating.
- ☐ ****Learn from past relationships:**** Reflect on what worked and what didn't.

****2. Safety Precautions (especially for online dating)****

- ☐ ****Research:**** Look up your date, especially if you met them online. Trust your instincts if something feels off.
- ☐ ****Public place:**** Always choose a public place for your first few meetings.
- ☐ ****Inform someone:**** Let a close friend or family member know where you're going and with whom.
- ☐ ****Stay sober:**** Avoid or limit alcohol and drugs on first dates.
- ☐ ****Transport:**** Ensure you have your transportation sorted. Avoid letting your date pick you up from your home initially.

****3. Establishing Expectations****

- ☐ ****Transparent about intentions:**** Communicate what you're looking for – whether it's a casual relationship or something more serious.
- ☐ ****Define boundaries:**** Know your limits and make them clear.

****4. Essential Qualities in a Partner****

- ☐ ****Respect:**** Does the person treat you with respect and understanding?
- ☐ ****Honesty:**** Look for transparency and authenticity.
- ☐ ****Shared values:**** Common ground on fundamental values can be vital for long-term compatibility.

****5. Red Flags****

- ☐ ****Avoids questions:**** Be wary if they sidestep personal questions or seem secretive.
- ☐ ****Pushes boundaries:**** If they don't respect your limits or pressure you, take note.
- ☐ ****Inconsistencies:**** Be alert to inconsistencies in their stories or behavior.
- ☐ ****Overly possessive or jealous:**** This can be an early sign of controlling behavior.

****6. Taking the Next Steps****

- ☐ ****Meeting friends and family:**** Think about when and how you'd like this to happen.
- ☐ ****Discuss exclusivity:**** If things are progressing, have a conversation about whether you're exclusive.
- ☐ ****Communicate:**** Ensure open lines of communication about feelings and the direction of the relationship.

****7. Self-Care and Reflection****

- ☐ ****Listen to your intuition:**** Trust yourself if something feels right or wrong.
- ☐ ****Stay connected:**** Keep close ties with friends and family; don't isolate yourself.
- ☐ ****Evaluate regularly:**** Check in with yourself – are your needs being met? Are you happy with the direction things are taking?

****Note:**** Dating is a deeply personal experience, and while this checklist provides a general guideline, it's essential to adapt and modify based on individual preferences and situations.
