

ARE YOU READY FOR A RELATIONSHIP?

It might help to think about some of the progress you have made in the areas that contribute most to your ability to find, and hopefully keep, a good relationship. These are some of the characteristics that would support readiness for a healthy relationship:

1. I am more aware of what I am feeling at any given time and I am more able to identify feelings and think and talk about them.
2. I have taken care of my basic health needs including having an STD test and other routine tests. If I have been prescribed psychotropic or other medication I follow up on appointments and on the use of medication.
3. My ability to focus on whatever I am doing is improved and I don't feel anxious and pulled in different directions as much.
4. I enjoy having "down time" and I don't feel like I have to do something all the time.
5. I have learned that I can go to a counselor or other person I trust for help or advice and I can listen to what they say even if I disagree.
6. I am aware of any problems I have with other addictions and I have done what I needed to do to address them.
7. I have found ways to keep myself accountable regarding my addiction that rely on people other than a spouse or partner.
8. I am willing to try out new activities and interests and I am OK if some things I try don't work for me and others do.
9. I am willing to experiment with changing my daily ritual.
10. I have a greater sense of what I want and need and am clearer on what things interest me in life.
11. I am more interested and confident in my work or other activities.
12. I am more flexible and more tolerant than I used to be.
13. I feel like I can stick up for myself when I need to without going overboard.
14. I am not as self-conscious about initiating a social contact and I can be more comfortable just being myself.