

Relationships can create overwhelming joy and fulfillment but when they breakdown can cause UNBEARABLE devastation!



Use the *Ultimate Relationship Checklist* to self-evaluate the condition of yours... if you're not in a relationship, get an idea if you're ready for one.

(You might discover 'turn by turn navigation' to a relationship of joy and fulfillment)

Evaluate yourself: Answer "Yes" or "I need help"	Yes	I need help!
1. Are you willing to look at your 'root' system?		
2. Are you are willing/able to express how much you care for the person?		
3. Are you are willing to listen and devote your attention to the other person's thoughts and feelings?		
4. Are you vulnerable - are you able and willing to honestly share what you're thinking and feeling?		
5. Are you able to be in a relationship yet still maintain your unique individual aspects without getting lost in or taking on the identity of the other person? An unknown author once said: "Never allow someone to be your priority while allowing yourself to be their option."		
6. Are you able to be fair which means you have the ability to solve problems in a fair, honest and mature way?		
7. Are you honest, are you clear about who you are and what you believe? You can honestly share feelings, including anger and frustration, to the other person without fear of rejection or condemnation.		
8. Are you nurturing? Those who are able to nurture another person can offer care for him/her without any expectations of getting something in return.		
9. Are you playful? Do you put effort into activities that are fun and can be done together.		
10. Do you take interest in the other person? Do you see the worth and beauty in him/her. A person who shows interest in another will value their thoughts, feelings and perspectives.		

11. Are you respectful? Do you acknowledge differences and uniqueness and accept them. Respect fosters a sense of security as your partner feels that they are esteemed and honored.		
12. Are you trusting and trustworthy? Do you have confidence in and can you confidently rely on the other person. Can they trust you without fear of harm or wrongdoings.		
13. Are you willing to take the risk of pain and uncertainty to establish a healthy relationship? We're not talking about when you first meet someone when there's the intense pleasurable emotions involved.		
14. Are you tolerating? This involves tolerating each other's differences and unique quirks.		
15. Are you loving? We're not just talking about the emotion of love. This is the kind of unchanging, unconditional, never ending love for another human soul that is unselfish, willful and deliberate.		
16. Do you voice praise? We all like to be praised; but do you voice it to your partner? Unfortunately, unhealthy couples often focus on what the other person is doing wrong and neglect to mention what the other person is doing right.		
17. Do you listen carefully to what your partner has to say? This involves finding out what makes them unique, learning their communication and personality style, and learning about their past experiences and family of origin.		
18. Are you judgmental? Do you take time to get to understand what the other person is thinking and experiencing before you make a judgment call.		
19. Are you willing to compromise? We're not talking about compromising your principles or morals or values. We're talking about finding solutions to differences that are mutually agreeable.		
20. Do you spend quality time together even if it's just for a few minutes?		
21. Do you touch each other? Not necessarily in a sexual way, but in a loving, caring and gentle way. Hugging and physical touch, especially skin-to-skin touch, increase your body's production of a chemical called Oxytocin. Oxytocin is a chemical that relates feelings of closeness, pleasure, bonding, love and intimacy		