



If you are a Single Person Dating or Contemplating Dating a Single Parent then This Checklist is for YOU...	YES	NO	Don't know/ Un-clear
1) I am clear about what I want my relationship to look like and feel like.			
2) I am clear about what I am looking for in a life partner.			
3) I understand stepfamily dynamics and my role in step dating.			
4) I am open with my dating partners about my needs and what I'm looking for. I'm equally interested in knowing about their needs and what they are looking for.			
5) <ul style="list-style-type: none"> — I know very little about children — I know something about children — I have quite a bit of experience w/ children 			
6) I enjoy children and want them in my life.			
7) I have some knowledge of stepfamily dynamics and what is expected of me as a person dating someone with children. If I am not clear, I am open to having this discussion with my partner and/or learning more about this from a reliable source on the subject.			
8) I take responsibility for articulating and meeting my own needs in an assertive manner without resorting to passive or aggressive tactics. I am prepared to have discussions with my partner about what my needs are, what I am willing to commit to and negotiate around, and what I am not.			
9) I recognize that my needs and wants are only one part of the equation when dating someone with children and that priority will be given to the needs (different from wants) of the children.			
10) I have a strategy for dating that doesn't interfere with my partner's responsibility to parent his/her children and meet their needs.			
11) I have an idea in mind or a timeframe for when I should meet the children.			
12) I have a plan with my partner for observing and enforcing sexual boundaries in our relationship, for the kids' sake. And I'm okay with that.			
13) I have someone else, other than my partner, who I am close to, with whom I can share some of my feelings and concerns, when I am not ready to take those to my partner just yet.			
14) I am prepared to be honest with my partner and end the relationship if or when I decide that it is not what I want.			
15) If I decide to continue in this relationship, I am willing to learn more about stepfamily dynamics, to optimize the chances of our relationship being successful.			

Review Your Checklist

If you answered YES to most of the statements, that is wonderful! You are well on your way to creating the relationship that you want!

A relationship, of course, takes two to make it successful so the success of the relationship doesn't rest on you alone.

But your awareness of these things helps you create a more solid foundation on which your relationship can grow and avoid painful dating traps so you (or anyone else in the relationship) don't get hurt.

If you answered NO or DON'T KNOW to most of the statements, I acknowledge you for taking the time to be conscious and honest with yourself about where you are right now in your life and relationship.

This self-awareness will greatly help you! Focus on improving or getting clear on the statements for which you answered NO or DON'T KNOW.

If you answered a MIX of YES and NO and DON'T KNOW, focus on improving or getting clear on the statements for which you answered NO or DON'T KNOW.

In ALL cases, take things SLOW.

Have the Relationship You Want

Do you have questions about the statements on the checklist? Or are you struggling with an issue in your dating life or relationship?

As a special bonus for downloading this resource, you also receive a complimentary **Relationship Success Strategy Session** where I will help you get clear on the core issues and provide guidance and solutions to help you have the relationship that you want – even when it's complicated.

To redeem your complimentary Relationship Success Strategy Session simply email me at melissa@happyhealthyrelationship.com with your answer to this question: **If you had 30 minutes with a relationship coach like me, what would you ask?**

And I will send you link to a brief intake form through which you can view my calendar and book your complimentary Session.

I look forward to connecting with you soon!

Love,

Melissa

