

Questions to Ask before Entering a New Relationship

Note:

These questions are designed to help you think through issues that are important to the health of future relationships.

1. Over the years how satisfying have my relationships been?
 - 1.1. What descriptive adjective would I use to describe them?
 - 1.2. If my relationships have not been satisfying, what was my own contribution to the problem that developed?
2. What criteria have I used to select new partners in the past?
 - 2.1. Was this good criterion?
3. What do I feel about myself as a person?
 - 3.1. Am I hoping to find someone who is stronger, wealthier, better looking, more ambitious, more intelligent, or more educated than I?
 - 3.1.1. If so, why?
 - 3.2. Am I hoping to find something in this person that I can't find in myself?
 - 3.3. Am I hoping to share someone else's dream, rather than my own?
4. How strong is my identity?
 - 4.1. Is it flexible or frozen in concrete?
5. Do I take risks?
 - 5.1. If so, so I get involved in unhealthy risks?

- 5.2. Do I thrive on the excitement of the unknown, or does that scare me?
- 5.3. What's the biggest risk I've taken in a relationship and what was the purpose?
- 5.4. What did I learn?
6. Do I accept the fact that I can't change anyone else?
 - 6.1. To what degree do I feel threatened when the other person is different from how I would like him or her to be?
 - 6.2. Would I be more comfortable in a relationship with my clone or a total opposite?
7. Do I do anything that prevents me from getting what I want in a relationship?
 - 7.1. Is there anything I'm afraid of or avoiding?
8. Am I still attaching to a former partner in a way that keeps me from moving on and building a new relationship?
 - 8.1. Do I have any unresolved grief or unfinished business with a former partner?
 - 8.2. What do my partner have in common?
 - 8.3. Was there information about my partner that I chose to ignore at the beginning of each relationship?
 - 8.3.1. If so, why?
9. Do I have any unfinished business with either of my parents that might keep me from relating to a partner?
 - 9.1. If so, what do I want to do about this?

- 9.2. How much do I need to control others, in events in my life, and my environment?
- 9.3. What would my friends say about this?
- 9.4. How does this need for control create problems for me?
 - 9.4.1. For others?
10. Am I serious about developing a committed relationship or do I just want to date?
 - 10.1. What is the evidence of this?
11. Do I tend to look to others for my sense of worth in a dating relationship?
 - 11.1. How much power do I give to a dating partner to make or break my day?
 - 11.2. To what degree do I need the attention and approval of this person?
 - 11.3. Does this create a problem for me, or others, and if so, how?
12. To what degree has my life revolved around dating partners?
13. What do I feel shameful about?
 - 13.1. What do I feel guilty about?
 - 13.2. What would it take for me to forgive myself?
14. Do I have any behaviour that seems to be out of my control?
 - 14.1. What would others say?

14.2. How do these create a problem for me?

14.2.1. If so, do I want to change?

15. How do I get my way?

15.1. What kind of power do I use: direct, assertive power, or indirect (aggressive, passive, manipulative) power?

15.2. Or do I see myself as having little, or no power in my life?

15.3. What's the evidence to support this

16. What are the reasons another person would be interested in me?

17. How intelligent does my significant other have to be?

17.1. Is this a reasonable expectation?

P.S.:

Mulling the questions over and talking about them with friends will put you in a better position to reenter the dating world.