Finding Love

Know Yourself First

What are my core values and how do they influence my relationship expectations?

What are my long-term life goals?

What kind of relationship am I seeking? Be Specific

Finding Love

What emotional needs do you have that are essential in a relationship?

How do you communicate your needs and feelings in a relationship?

How do you express love, and how do you prefer to receive it?

What fears or doubts do you have about entering a new relationship?

Are there any past hurts or unresolved issues that may affect future relationships?

How do you handle conflict in relationships, and how does that impact your connections?

What does effective communication look like to you?

How do you feel about discussing difficult topics with a partner?

Assess Your Past Relationships

What did I learn from my past relationships?

What qualities did I appreciate in past partners?

What are my deal-breakers?

What patterns do you notice in your past relationships?

How have your past experiences shaped your view of love and relationships?

Vision of Your Ideal Relationship

What would your perfect relationship look like?

What are the qualities you value most in a partner?

What activities or communities can you engage in to meet like-minded individuals?

What personal growth areas can you focus on to enhance your readiness for love?

How do you practice self-love and care in your daily life?

What role does trust play in your relationships, and how can you build it?