

# CONSCIOUS DATING®

## *Red Flags Checklist*



*Get Ready to Date!*

A special report provided by Debra L'Heureux of Get Ready to Date in partnership with Relationship Coaching Institute

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Thank you for downloading my Conscious Dating® Red Flags Checklist!

I'm Debra L'Heureux and I'm thrilled to share with you one of the most important and valuable tools you'll need to find lasting love. This Dating Red Flags Checklist was created by David Steele of Relationship Coaching Institute where I received my relationship coach training, and it is my gift to you!

Also included below is a Relationship Readiness Quiz to help you identify areas of your life that might need attention to increase your odds for a successful relationship.

And please do consider my invitation below for a FREE Get Ready to Date Strategy Session.

Enjoy!

Debra L'Heureux

# CONSCIOUS DATING® – RED FLAGS CHECKLIST

Use this checklist to identify possible red flags in a prospective relationship

Name \_\_\_\_\_ Name of Potential Partner \_\_\_\_\_

## I. PROJECTING THE FUTURE.

- 1 Would I want to spend the rest of my life with this person exactly as they are?
- 2 Would I want this person to raise my child?
- 3 Would I want my child to be exactly like this person?

## II. ARE YOU TALKING YOURSELF INTO A RELATIONSHIP

- 4 Do I want to rescue or “help” them because I see their potential?
- 5 I love the way they look or their status and it builds my self-esteem to be with them.
- 6 We have some things in common and so I’m avoiding looking at glaring differences.
- 7 They appear to be totally different than people I’ve been with in the past.
- 8 I’m focusing on one important quality (money, sex, fun, humor, etc) and ignoring unmet requirements.

## III. DANGER SIGNS

- 9 Reacts to frustration with anger, rage, blame
- 10 Blames others or circumstances for life situation
- 11 Tries to control everything, including me
- 12 Immature, impulsive, and/or irresponsible
- 13 Emotionally distant or void, aloof
- 14 Still pining for a past relationship
- 15 Wants me to make their sad life better
- 16 Married or otherwise unavailable to commit to me
- 17 Active addiction, addictive behavior (rationalized as “not a problem”)

## IV. OTHER COMMON RED FLAGS

- 18 Is pessimistic and negative about things that matter to me
- 19 Lacks integrity in dealing with people, money, etc.
- 20 Judgmental attitude toward themselves & others.
- 21 Unwilling to self-examine, accept feedback, take responsibility
- 22 Doesn’t keep agreements
- 23 What they say about themselves doesn’t match reality
- 24 Emotional roller coaster, recurring or regular emotional drama
- 25 This isn’t what I really want, but I don’t want to be alone
- 26 Changeable, inconsistent behavior
- 27 Inability to listen
- 28 I notice myself trying to change this person to fit what I want, instead of accepting them for who they are
- 29 Talks too much (especially about self), monopolizes conversation
- 30 Overly quiet, withdrawn

## V. RESULTS

- A. Total checked items from Section II, III, and IV \_\_\_\_\_
- B. Circle the checked items that need close attention, decision-making, or require more information
- C. On a scale from 0 (Not at all) to 100 (Perfect fit) my minimum score for considering any relationship is \_\_\_\_\_
- D. Using the above scale I score this potential relationship \_\_\_\_\_
- E. Based upon the above results, I... should / shouldn’t (circle one) proceed dating this potential partner.

# Relationship Readiness Quiz for Singles

To assess your readiness for a committed relationship, rate yourself in each of the following ten areas. Try to be **objective and honest** with yourself. We recommend asking close friends and family members for their opinions as well.

**Rating Scale:** Rate each item on a scale from 0 to 10  
8-0: **Good**; this area of my life is strong and would be an asset to my next relationship.  
5-7: **OK**; this area needs work, but most likely would not sabotage my next relationship.  
0-4: **Needs Work**; this area could interfere with the success of my next relationship.

**1. I know what I want**

I have a clear vision for my life and relationship. I can envision my perfect life in rich detail that feels strong, very real, and keeps me motivated.

**2. I know my requirements**

I have a written list of at least ten non-negotiable requirements that I use for screening potential partners. I am clear that if any are missing, a relationship will not work for me.

**3. I am happy and successful being single**

I enjoy my life, my work, my family, my friends, and my own company. I am living the life that I want, and I am not seeking a relationship out of desperation and need.

**4. I am ready and available for commitment**

I have no emotional or legal baggage from a previous relationship. My schedule, commitments, and lifestyle allow my availability to build a new relationship.

**5. I am satisfied with my work/career**

My work is fulfilling, supports my lifestyle, and does not interfere with my availability for a new relationship.

**6. I am healthy in mind, body, and spirit**

My physical, mental, or emotional health does not interfere with having the life and relationship that I want. I am reasonably happy and feel good.

**7. My financial and legal business is handled**

I have no financial or legal issues that would interfere with having the life and relationship that I want.

**8. My family relationships are functional**

My relationships with my children, ex, siblings, parents, and extended family do not interfere with having the life and relationship that I want.

**Self-Rating**

_____
_____
_____
_____
_____
_____
_____
_____

**9. I have effective dating skills**

I initiate contact with people I want to meet, and disengage from people who are not a match for me. I keep my physical and emotional boundaries, and balance my heart with my head with potential partners.

**10. I have effective relationship skills**

I understand relationships, can maintain closeness and intimacy, communicate authentically and assertively, negotiate difference positively, allow myself to trust and be vulnerable, and can give and receive love without emotional barriers.

_____
_____
<b>Total Score</b>

<p>80-100: <b>Green light</b> &gt; You are well on your way to the life and relationship you really want!</p> <p>50-79: <b>Yellow light</b> &gt; Continue to work on the areas needed and take it slow in relationships while doing so.</p> <p>0-49: <b>RED LIGHT</b> &gt; Take a break from seeking a partner, focus on your life and prepare for the relationship that you want.</p>
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***Ready for the life and relationship that you really want?***

*Did you complete your Dating Red Flags Checklist /  
Relationships Readiness Quiz for Singles?  
Learn anything new about your readiness for a relationship  
Identify any challenges and goals for a relationship?*

## **Register for your FREE Private Get Ready to Date Strategy Session**

### **60 Minutes That Will Change Your Life**

*Are you ready to finally find the Love of Your Life?*

*Wondering how to find your perfect match?*

*Tired of dating around and settling for less than what you really want?*

### **This Free, Private Get Ready to Date Strategy Session is for you if:**

- You are ready to get unstuck and take action
- You are willing to make some changes
- You are open to getting support to go after what you really want

### **In just 60 minutes you will . . .**

- ✓ Create a crystal-clear vision for your “Happily Ever After” so you can finally make it happen.
- ✓ Uncover hidden challenges that may be sabotaging your dating and relationship success.
- ✓ Leave this session excited and inspired to finally find the love you seek- once and for all.

Sound good? **To schedule your FREE private Get Ready to Date Session contact me at**

**401-289-0900 or [debra@getreadytodate.com](mailto:debra@getreadytodate.com)**

**THANK YOU for downloading and reading this Special Report,**

**I hope you found it helpful!**

## **Debra L'Heureux**

At age 49, Debra L'Heureux was hit by one of Cupid's arrows, and hard. After meeting and marrying her soul mate, she wanted to help others find love. She left her position in academia and became a professional matchmaker. She has matched all kinds of couples through the years.

Debra now wants to help her over 40 widowed and divorced clients learn conscious dating skills. She truly believes that it's never too late to start over and find love.

I look forward to meeting you and supporting your success!

**Debra L'Heureux**

