

Does a Relationship Zap Your Energy? Here's a Self-Check.

Is this person realistic and reliable?

They work with reality and don't deny it.

They are consistent.

They don't take everything personally.

Is this person respectful and reciprocal?

They respect your boundaries.

They give back.

They are flexible and compromise well.

They're even-tempered.

They're willing to be influenced.

They're truthful.

They apologize & make amends.

Is this person responsive?

Their empathy makes you feel safe.

They make you feel seen & understood.

They like to comfort & be comforted.

They reflect on their actions & try to change.