

Checklist for a good partner



A good partner...

is someone who makes you feel good

- thinks that your body is beautiful as it is
- listens to what you have to say
- sees you for who you really are
- is a true friend

is proud of you

- let you know he/she is happy to be with you
- smiles when they talk about you and everything that's positive about you

appreciates and accepts your independence

- encourages you to meet other people
- likes your friends and family
- is happy to listen to you
- gives you compliments
- acknowledges and supports your decisions
- is happy when you are happy

When you are ready for a relationship, use this checklist to see how much of this applies to your relationship - co

is self-confident in their role

- can control their temper
- can admit when they are wrong
- is honest with you and doesn't play games
- is confident as a person and dares to show their emotions
- doesn't act in any macho or in a tough way
- that you don't have to behave a specific way

has a positive view of their fellow human beings

- talks respectfully about people and what they do
- has a positive attitude to equal human rights

has a gender-equal approach to relationships

- feels that you are equal partners with rights as well as obligations
- takes care of you and makes you to want to take care of her/him
- ask for forgiveness when things have gone wrong
- is totally at ease with themselves
- loves you and your relationship and expects respect and love back

checklist! If you already have a partner, and feels that
congratulations and good luck to both of you!

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