

Am I Ready to Date Again?

A Self-Reflection Checklist | Solace Counselling Services

This checklist is designed to help you reflect honestly on where you are at after divorce or separation. There are no right or wrong answers. It is simply a tool to help you tune in to yourself before stepping back into dating.

Part 1: Processing the past

- I can think about my marriage and my ex without being consumed by anger or grief
- I have reflected on what went wrong in my marriage without blaming only myself or only my ex
- I am not holding out hope that my marriage could be reconciled
- I have allowed myself to grieve the relationship, even if I am the one who ended it
- I no longer feel like I need answers or closure from my ex to move forward

Part 2: Your sense of self

- I have a sense of who I am outside of being someone's partner
- I have friendships, interests, or routines that feel meaningful to me
- I feel reasonably okay in my own company
- I am not looking for a relationship to feel complete or to escape loneliness
- I have some clarity about my values and what matters to me in a relationship

Part 3: Readiness for something new

- When I imagine going on a date, I feel curious or open rather than overwhelmed
- I am interested in getting to know someone new, not just filling a void
- I am not planning to compare everyone I meet to my ex
- I feel ready to be honest with someone new about where I am at in life
- I am open to things moving slowly and building gradually

What your responses might mean

Mostly ticked: You have done some solid groundwork. Dating from this place tends to feel lighter and lead to healthier connections.

Mixed: That is completely normal. You might be ready to date casually while continuing to work on certain areas. Be honest with yourself about what you are looking for right now.

Few ticked: This is not a failure. It may simply mean there is more healing to do first, and that is time well spent. Consider speaking with a counsellor who can support you through this next chapter.

Want some support?

We work with individuals navigating life after divorce and separation.

Liebe Wellness, Mornington | solacecounsellingservices.com.au