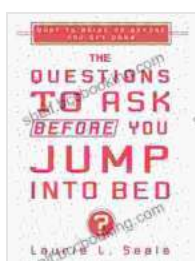


# The Questions to Ask Before You Jump Into Bed

You've met someone new and you're feeling the sparks. You're excited about the possibilities and you can't wait to see where things go. But before you jump into bed with them, it's important to ask yourself a few important questions.



## The Questions to Ask Before You Jump Into Bed

by Laurie Seale

★★★★☆ 4.3 out of 5

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Enhanced typesetting : Enabled

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Print length : 260 pages

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These questions will help you assess your compatibility, identify any potential red flags, and make sure you're making the right decision for yourself.

### 1. What are my values?

Your values are the things that are most important to you in life. They guide your decisions and actions, and they can have a major impact on your relationships.

Before you get into a new relationship, it's important to take some time to reflect on your values and make sure that they are aligned with the person you're dating.

Some questions to ask yourself:

- What are my core beliefs?
- What is important to me in a relationship?
- What are my deal-breakers?

## **2. What are my goals?**

Your goals are the things that you want to achieve in your life. They can be short-term or long-term, and they can relate to your career, your relationships, or your personal growth.

Before you get into a new relationship, it's important to think about your goals and make sure that they are compatible with the person you're dating.

Some questions to ask yourself:

- What do I want to achieve in my life?
- What are my short-term and long-term goals?
- Do my goals align with the person I'm dating?

## **3. What are my boundaries?**

Your boundaries are the limits that you set for yourself and others. They help you to protect your physical, emotional, and mental well-being.

Before you get into a new relationship, it's important to establish your boundaries and communicate them to the person you're dating.

Some questions to ask yourself:

- What are my physical boundaries?
- What are my emotional boundaries?
- What are my mental boundaries?

#### **4. What are my expectations?**

Your expectations are the things that you hope for or expect to happen in a relationship.

Before you get into a new relationship, it's important to be clear about your expectations and communicate them to the person you're dating.

Some questions to ask yourself:

- What do I expect from a relationship?
- What are my expectations for communication?
- What are my expectations for intimacy?

#### **5. What are my deal-breakers?**

Your deal-breakers are the things that you absolutely cannot tolerate in a relationship.

Before you get into a new relationship, it's important to identify your deal-breakers and communicate them to the person you're dating.

Some questions to ask yourself:

- What are my absolute deal-breakers?
- What are my non-negotiables?
- What are the things that I will not tolerate in a relationship?

## **6. Am I ready for a relationship?**

This is the most important question of all. Before you jump into bed with someone, you need to make sure that you are ready for a relationship.

Some questions to ask yourself:

- Am I happy with myself?
- Am I emotionally available?
- Am I looking for a serious relationship?

If you're not sure about whether or not you're ready for a relationship, it's best to wait. There's no rush, and it's better to be single than to be in a relationship that you're not ready for.

Asking yourself these questions before you jump into bed with someone can help you make sure that you're making the right decision. By taking the time to reflect on your values, goals, boundaries, expectations, and deal-breakers, you can increase your chances of finding a compatible partner and having a healthy and fulfilling relationship.

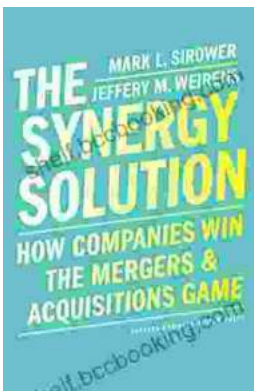
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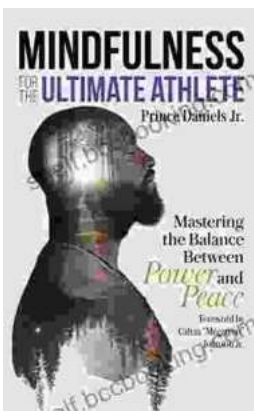
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