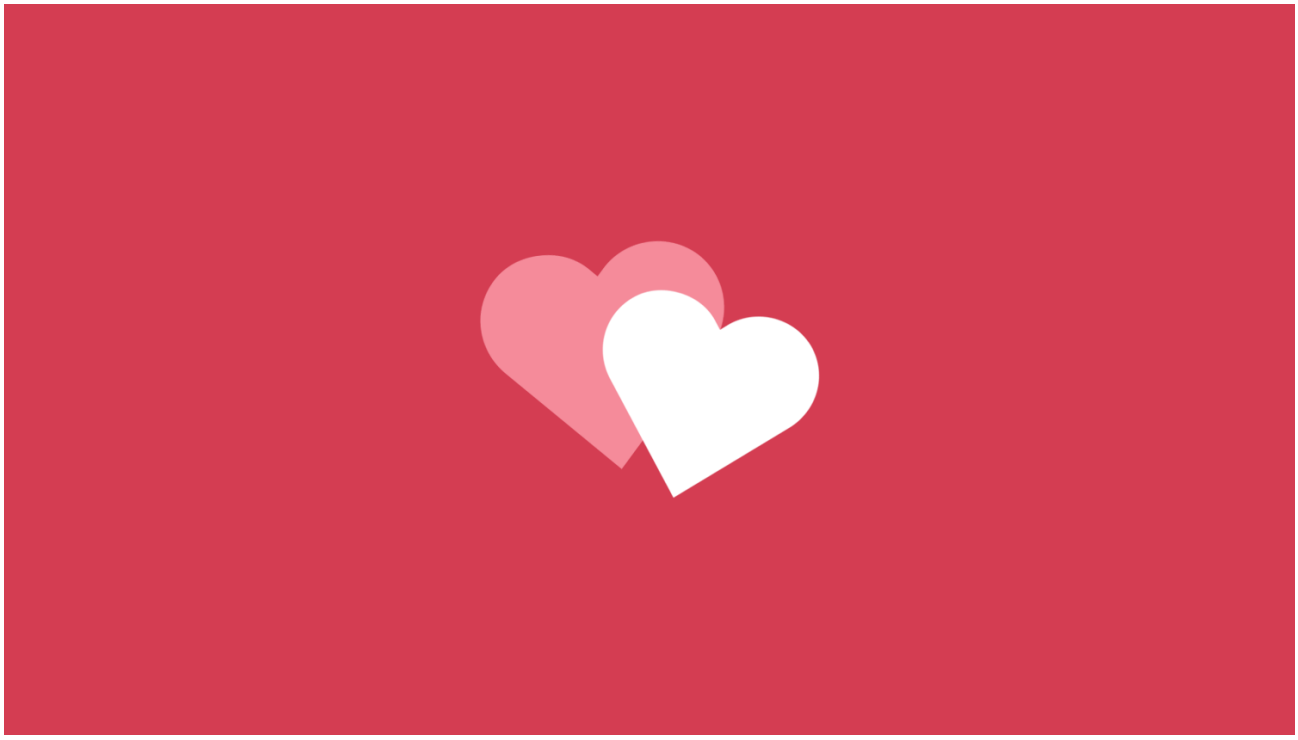
The True Love Checklist

Here is a list of the important qualities included in a real True Love, a healthy and realistic model that can be a valuable measuring stick for your own relationships. How does yours measure up? Find out, right here



- [ ] 1. The most important ingredient in true love is individual growth. You will support each other's dreams and goals and allow room to change and grow.
- [ ] 2. Personal freedom for both people.
- [ ] 3. Good communication on all levels–verbal, energetic, emotional.
- [ ] 4. Individual space.
- [ ] 5. Responsible behavior toward yourself and the other.
- [ ] 6. Personal empowerment.
- [ ] 7. Affinity and friendship.
- [ ] 8. Compatible goals (but not necessarily the same goals).
- [ ] 9. Caring.
- [ ] 10. Bliss (at times).
- [ ] 11. Delight in one another.
- [ ] 12. An ability to say no, and to say yes.
- [ ] 13. Allowing the other to be negative as well as positive.
- [ ] 14. No coercion by either person.
- [ ] 15. The relationship is non-possessive.
- [ ] 16. Each person understands the basis of their attraction.

- [ ] 17. The relationship is based in truth, not fantasy.
- [ ] 18. Both people's needs are respected.

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