



# ANTI-SABOTAGE GUIDELINES FOR AWESOME RELATIONSHIPS

I won't get angry at anyone for something I never told them.

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If I find myself assuming, I will step back and ask for clarification.

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I will not treat my friendships & relationships like a transaction or keep score.

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If I'm tired, sick, or lonely I will choose self/community care instead of put myself in situations that could hurt myself or others.

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I will have my relationships out loud and in real life.  
Not in my head.

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I will have conversations with my date/partner when there is a concern, not everyone else in my life.

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I understand that it's no one's job to kick down my walls, win me over, or prove themselves to me. That's not love.

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I will date people for where they are at, not where I want them to be.

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I will choose and date people who choose me back and are open to the same relationship goals as me.

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If I see myself making poor or unhealthy decisions, I will step back and look into it instead of keep dating.

