

A photograph of a couple sitting on a wooden floor. The woman is wearing a white shirt and tan pants, holding a pair of sunglasses. The man is wearing a brown hoodie and tan pants. A brown leather bag is on the floor next to them.

IS HE THE
ONE??

10
QUESTIONS
TO FIND
OUT

IS YOUR PARTNER "THE ONE?"

Dig deep and figure out if your partner is perfect for you!

www.DrAlyssaAdams.com



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"Essential-abso-freaking-lutely-necessary" questions to ask yourself....

- 1.) Are you feeling pressured to "settle down?" If so, how much of a role is this playing in your decision to be in a relationship with this person?
- 2.) Do you have the same values?
- 3.) Do you respect each other? Whoa. If this is a no, that's game over for me.
- 4.) Are the same things important to both of you? (Ex: travel, kids, religion, how you spend money)
- 5.) Is the relationship light and easy?
- 6.) How do you feel about yourself when you're with the other person?



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7.) Do you have things in common that you have fun doing together (doesn't have to be ALL the things)?

8.) What's it like to picture being with this person for many years? Imagine 5, 10, 25 years in the future.

9.) Can he/she support you in a time of crisis? What if your parent died? What if you got a significant illness? Is your partner there for you and can step up?

10). How do you disagree? Can you talk about it? Is the person reasonable?

Bonus Question:

What does your gut tell you about your relationship? Your instinct and gut feelings will not steer you wrong.

You did it! Give yourself permission to trust your gut and do what is right for YOU!

XOXO,
Alyssa



ABOUT ME

WELCOME! I'M DR. ALYSSA ADAMS

I'm an Intuitive Relationship Coach & Clinical Psychologist. I help sensitive women regain their clarity and confidence to create relationships of joy, ease, and purpose. I'm 50% woo woo and 50% practical.

We tend to fall into patterns in our romantic relationships - we are attracted to or date the same (wrong) person over and over again. We hold strong beliefs about who we should be with and what's possible for ourselves. I'll help you do the inner work to step into a relationship as the best version of yourself!

[Click here to book a free clarity call to talk about whether or not he's right for you!](#)