

The Compatibility Clarity Checklist

The Modern Relationship Audit

Rate your partner (or date) on the following 22 qualities

1 = Never | 3 = Sometimes | 5 = Consistently

Pillar 1: Emotional Intelligence (EQ) & Safety

Why this matters: In the modern dating world, "safe" isn't boring—it's the foundation of sanity. Does this person have the capacity to handle your emotions?

1. Emotional Maturity:

They regulate their own emotions rather than projecting them onto me.

Rate:

2. Empathy:

They validate my feelings, even when they don't personally understand them.

Rate:

3. Active Self-Awareness:

They can admit faults without getting defensive or shifting blame.

Rate:

4. Vulnerability:

They are brave enough to share their fears and weaknesses, fostering true intimacy.

Rate:

5. Authenticity:

They are the same person online, in public, and in private. No masks.

Rate:

6. Forgiveness:

They let go of past conflicts rather than keeping a 'scorecard' of grievances.

Rate:

7. Emotional Intelligence:

They can 'read the room' and respond to social cues with nuance.

Rate:

8. Respectful Sensitivity:

They honor my boundaries even when they are frustrated or angry.

Rate:

Pillar 2: Growth Mindset & Alignment

Why this matters: California relationships thrive on "leveling up." You need a partner who views life as a trajectory, not a destination.

9. Growth Mindset:

They actively try to learn, improve, and evolve as a human.

Rate:

10. Shared Life Vision:

Our timelines regarding lifestyle, finances, and family are compatible.

Rate:

11. Work Ethic:

They are reliable in their career and ambitions (essential for CA cost of living).

Rate:

12. Inspirational:

Being around them makes me want to be a better version of myself.

Rate:

13. Value Alignment:

We share core beliefs on the 'big stuff' (ethics, politics, giving back).

Rate:

14. Character & Will:

They have a strong moral compass and stand up for what is right.

Rate:

15. Independence:

They have their own hobbies and friends; they don't look to me to 'complete' them.

Rate:

Pillar 3: Connection & Consistency

Why this matters: Chemistry sparks the flame, but consistency keeps it burning. This pillar tests if the relationship is sustainable.

16. Consistency:

Their words match their actions. No mixed signals.

Rate:

17. Effective Interaction:

We can talk through conflict without it becoming a war.

Rate:

18. Honesty:

They tell the truth, even when it's uncomfortable.

Rate:

19. Loyalty:

They prioritize me and protect our relationship from external threats.

Rate:

20. Affection:

They express love in a way that makes me feel physically and emotionally desired.

Rate:

21. Sense of Humor:

We can laugh together, even when life gets stressful.

Rate:

22. Shared Passions:

We have enough common ground to enjoy downtime together.

Rate:

TOTAL SCORE (Add all ratings):

The Scoring

Score Range	Zone	What It Means
90 - 110	The 'Unicorn' Zone	This is rare. Prioritize this connection—it has high long-term potential.
70 - 89	The 'Workable' Zone	Good foundation, but check the low scores. Are they 'dealbreakers' or just areas for growth?
Below 70	The 'Re-Evaluation' Zone	If single: This might be a sign to keep looking. If partnered: You may be settling for less than you need.

Love is complicated. Clarity shouldn't be.

Sometimes, low scores aren't a sign to leave—they are a sign to learn. Whether you are navigating modern dating burnout or trying to fix a communication breakdown in your marriage, we can help.

[Book a Discovery Session with Savant Care California](#)