

# Clarity Compass: A Discernment Worksheet

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Use this worksheet when you're discerning whether to continue, commit, or release a dating relationship. Let it guide you to peace—not perfection.

## 1. Inner Peace Check

- When I pray about this relationship, I feel: \_\_\_\_\_
- Do I feel safe, not just physically but emotionally and spiritually?
- Do I feel like myself—or like I'm always performing or pleasing?
- Am I walking toward this relationship with peace, or avoiding walking away out of fear?

## 2. Green Flag Alignment

Does this person demonstrate:

- Emotional regulation and self-awareness?
- Humility and ownership of their story?
- Shared core values and faith?
- Respect for my boundaries and pace?
- Growth-mindedness—not just charm or talk?
- Consistency and honesty over time—not just intensity up front?

## 3. Dealbreaker Inventory

- Am I ignoring any red flags or justifying behaviors that give me pause?
- Have I been honest with trusted mentors or friends about this relationship?
- Would I want someone I love to be in this kind of relationship?

## 4. Clarity Questions

- What am I afraid will happen if I walk away?
- What would peace look like in this relationship?
- If I had no fear and full faith, what would I choose?

Take time to pray, reflect, and listen. Peace is never manipulative, frantic, or guilt-driven.  
God's wisdom brings clarity, not chaos.