

8 Signs You May Have Found The 'One'



The dating world can be complicated and confusing, and today's technology has only made it that much worse. In a world where many relationships start online, it can be difficult to know when the relationship you've found is going in the right direction.

When meeting new people today, many single people are turning to the internet to find their next partner. Whether they're doing so through an app or websites that serve as [the ultimate matchmaker](#), it can be difficult to read the signs and know if the relationship is heading in the right direction.

Here are 8 signs to look for that can suggest you've successfully found the 'one':

Ability to Be Yourself

There are many different habits that will develop in a relationship and prove both parties are in it for the long haul. However, if one tends to act as if you're someone you're not, or if your partner does, be wary. Pretending to be another person can cause problems in the relationships. One of the main ones being that there's no need to act like someone they're not. When you're in a healthy relationship, both of you can be yourself at all times. There should be no reason for either party to feel as if they have to hide any part of themselves or worse, act like someone they're not to receive the other's approval.

As partners, you should be able to accept each other for exactly who you are, flaws included.

Connect on a Deep Level

Many relationships can be considered good, while not going much further beyond that. People stay in relationships because they're able to connect with another person – and this is something that you should look for if you want your relationship to flourish. If you've found the 'one', there will be a connection between the two of you that's deeper than anything you've experienced before.

In this sense, you should have similar core values or ways of thinking – that's not to say you're going to always agree or have the same opinions about what's important. It simply means that at the deepest core, your values are not battling each other.

Can Talk About Anything

People get attracted easily. More often than not, you'll be encouraged to approach other people if you find them attractive. And while this is typical when getting to know a person, when it comes to relationships, you shouldn't solely base on looks – you should look for someone who can hold a conversation that's more than simply surface level.

This means that you should be able to talk about potentially difficult topics, thoughts, and opinions that may be different from your own. Having an open line of communication can be a huge indicator that you've found the 'one.'

Both Your Past Relationships Remain in the Past

There's no denying that any new partner is going to have past relationships filled with heartbreak, disappointment, and other so-called baggage. If you're truly ready for a new relationship, with the person you'll spend your life with, you'll have to first master leaving your past relationships where they belong – in the past.

Any past relationship should be handled with respect to them, while keeping boundaries in place with you as the current, and future, partner.

Friends and Family Like Them

Finding the 'one' should mean that your partner is accepted and even liked by both your friends and your family. The people who love you and want the best for you will have a good idea of who is a good fit for you. If they not only like but approve of the person you choose to be with, then this is a good sign that you've found the 'one' for you.

Value Time Together

If you find yourself wanting to be on your phone every time you're with your partner instead of spending quality time with

them, watch out because this is usually a telltale sign that you're in the wrong relationship.

The 'one' you're meant to be with will not only prioritize spending time together but they will also have fun doing it. If you find yourself losing track of time while you're with your partner, this can be a positive sign that they are the 'one.'

Healthy Independence

Even if you're in a relationship, you and your partner should still be able to spend time away from each other, without the other person feeling bad about it. This doesn't mean because you've gotten in a fight and need to cool off alone, this just means that as humans, we need to have time to ourselves and as partners who respect each other, you should be able to give that to one another.

A healthy relationship involves a healthy balance of quality time together and independence from each other when necessary.

Can Talk About the Future

Not feeling afraid to plan for the future in an easy way is yet another bigger sign that you've found the 'one.' When you're dating someone who can't look forward to a future with you, there often is not a future there.

Conclusion

There is no concrete answer that can determine that you've found the 'one' for you. However, if you look for these signs, and focus on being yourself, there's a good chance that your heart will lead you to the right direction. At the end of the day, a lot of knowing who your 'one' is comes from a gut feeling you get after seeing these kinds of signs in your relationship on a daily basis.