



FLAWS AND ALL

The Honest First Date Checklist

7 things to share before you sit down — with the exact phrasing that builds real connection instead of awkward silence.



No highlight reels. No performance. Just you.

WHY THIS CHECKLIST EXISTS

Most first dates are just two people performing.

You show up polished. They show up polished. You talk about your job, your travel plans, your dog. It's fine. It's pleasant. And three weeks later you realize you still don't actually know each other.

The research is clear: **vulnerability accelerates intimacy**. People who share honest, slightly uncomfortable things early form deeper connections faster than those who keep it surface-level.

This checklist gives you a framework for exactly that — what to share, how to say it, and why it works.

"The goal isn't to impress them. It's to find out if they can handle the real you — before you've already caught feelings."

— Flaws and All

BEFORE YOU BEGIN

How to use this checklist

1

Read it the night before your date

Don't wing it. Think through your honest answers to each item so you're not scrambling in the moment.

2

Pick 2–3 that feel right for this person

You don't need to cover all 7 in one date. Choose the ones most relevant to where you are and what you're looking for.

3

Say it like a statement, not a confession

Honesty is attractive when it's grounded. Use the sample phrasing — it's designed to be warm, not self-flagellating.

4

Then ask them the same thing

Honesty is a two-way door. Sharing opens the conversation — then listen to see if they walk through it.

THE CHECKLIST

7 Things to Be Honest About

☐ 1. What you're actually looking for

Not the diplomatic version. The real one — casual, serious, slow, fast, open to whatever. Ambiguity wastes both of your time.

Try saying:

"Honestly, I'm looking for something real — I'm not interested in keeping things casual forever. That might be too much for some people, but I'd rather be upfront."

☐ 2. Your biggest personal flaw

The one you're genuinely working on. Not a fake weakness ("I work too hard"). The real thing — anxiety, avoidance, impatience. Show you know yourself.

Try saying:

"I'll be honest — I can get in my head sometimes and go quiet instead of talking about what's bothering me. It's something I'm working on."

☐ 3. Your relationship with your ex(es)

Not the drama — the honest version of where you are emotionally. Still grieving? Totally over it? Complicated? This sets the tone for where you actually stand.

Try saying:

"My last relationship ended about a year ago. I feel good about where I'm at — I learned a lot from it and I'm genuinely ready to be here."

☐ 4. Your actual dealbreakers

Not a laundry list — the one or two things that genuinely don't work for you. Saying this early isn't aggressive; it's respectful of both of your time.

Try saying:

"I'll share mine if you share yours — I think it saves a lot of time. For me, the real one is [your actual dealbreaker]. What about you?"

CONTINUED — ITEMS 5, 6 & 7

☐ **5. Something you're insecure about**

Not fishing for reassurance — genuinely naming something you carry. This is the fastest shortcut to feeling known by a stranger.

Try saying:

"Something I'm still working on accepting — I can be really hard on myself when I fail at something. I don't always handle it gracefully."

☐ **6. What your last relationship taught you**

Not who's to blame — what you actually learned about yourself. Shows self-awareness and signals you're not still in a loop about it.

Try saying:

"The main thing I learned was that I need someone who actually says what they're feeling — because I'm not good at guessing and I don't want to be."

☐ **7. One thing people usually find out too late**

The thing your past partners eventually discovered that changed things — positive or otherwise. Naming it upfront is the most radical act of honesty on this list.

Try saying:

"Something people usually figure out about me after a while — I need a lot of alone time to recharge. I'm very present when I'm with someone, but I also disappear sometimes. I'm upfront about it now."

AFTER THE DATE

What honest dates actually feel like

They're uncomfortable, sometimes. You might share something and watch the other person's face shift. That's information — good information, before you've invested months.

But when it lands? You'll know within the first hour whether this person can actually handle you. No pretending, no hoping they eventually get it. Just: does this work, or doesn't it?



Good reaction

They share something real back.
They don't flinch. The conversation gets deeper.



Warning sign

They deflect, change the subject, or judge you for sharing. Note that and act accordingly.

Remember: **You're not auditioning for them.** You're finding out if they're worth your time too. The checklist works both ways.



FLAWS AND ALL

Ready to date without the performance?

Flaws and All is the dating app where your flaws come first. No carefully curated highlight reels. No surprises three months in. Just real people, leading with honesty.

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Share this checklist with someone who deserves an honest date. 💔