

Understanding Yourself



What relationship pattern keeps repeating?

What did I tolerate before that I wouldn't tolerate now?

What did I learn about love from past relationships?

Do I expect my current partner to repeat something an ex did?



How was affection shown in my family?

How were disagreements handled?



What did I learn about asking for help?



What feels strangely familiar in my current relationship?

How do I want my partner to experience me?



Where do I need more honesty?



What habit would make me a better partner?

