

**Understanding your relationships**

1. Think about your childhood caretakers. List their negative qualities (Pick 5)

|  |  |  |  |
| --- | --- | --- | --- |
| **Absent** | **Dangerous** | **Intrusive** | **Shallow** |
| **Addicted** | **Depressed** | **Jealous** | **Stingy** |
| **Aggressive** | **Dishonest** | **Lazy** | **Unaffected** |
| **Alcoholic** | **Distant** | **Passive** | **Unavailable** |
| **Angry** | **Emotional** | **Passive-aggressive** | **Unforgiving** |
| **Boring** | **Fragile** | **Perfectionistic** | **Uninterested** |
| **Busy** | **Grumpy** | **Reactive** | **Unreliable** |
| **Cold** | **Immature** | **Reactive** | **Wounding** |
| **Controlling** | **Impatient** | **Rigid** |  |
| **Critical** | **Insensitive** | **Sarcastic** |  |

1. Think of frustrating times you had with them and list how you felt (Pick 3)

|  |  |  |  |
| --- | --- | --- | --- |
| **Abandoned** | **Cheated** | **Frustrated** | **Jealous** |
| **Afraid** | **Cold** | **Guilty** | **Mistrustful** |
| **Alone** | **Depressed** | **Hopeless** | **Rejected** |
| **Angry** | **Disappointed** | **Hurt** | **Unaccepted** |
| **Anxious** | **Distant** | **Inadequate** | **Unloved** |
| **Ashamed** | **Embarrassed** | **Insecure** |  |

1. Now list their positive qualities (Pick 5)

|  |  |  |  |
| --- | --- | --- | --- |
| **Accessible** | **Creative** | **Open-minded** | **Supportive** |
| **Affectionate** | **Dependable** | **Playful** | **Talented** |
| **Altruistic** | **Enthusiastic** | **Respectful** | **Tender** |
| **Attentive** | **Fair** | **Responsible** | **Tolerant** |
| **Available** | **Faithful** | **Safe** | **Trustworthy** |
| **Confident** | **Forgiving** | **Sincere** | **Warm** |
| **Connected** | **Hard-working** | **Spiritual** | **Wise** |
| **Courageous** | **Honest** | **Spontaneous** |  |

1. Think of the pleasant times you had what them and list how you felt (Pick 3)

|  |  |  |  |
| --- | --- | --- | --- |
| **Accepted** | **Loved** | **Proud** | **Satisfied** |
| **Close** | **Loving** | **Reassured** | **Secure** |
| **Excited** | **Peaceful** | **Respected** | **Trusted** |
| **Happy** | **Playful** | **Safe** | **Understood** |
|  |  |  | **Warm** |

1. List how you most often reacted to the frustrating times (Pick 3)

|  |  |  |  |
| --- | --- | --- | --- |
| **Argued** | **Complained** | **Nagged** | **Threw/broke things** |
| **Became aggressive** | **Criticized** | **Over-ate** | **Throw-up** |
| **Became depressed** | **Distanced** | **Ran away** | **Used drugs** |
| **Became low achieving** | **Drank** | **Slammed doors** | **Whined** |
| **Became passive** | **Failed** | **Slept** | **Withdrew** |
| **Became passive-aggressive** | **Got in fights** | **Starved myself** | **Withdrew** |
| **Became super-achieving** | **Isolated** | **Stayed busy** |  |
| **Became rebellious** | **Left** | **Talked to friends** |  |

Fill in the blanks below with the words you selected above from the corresponding letters. Do not read the sentences until you have finished filling in everything.

My subconscious is trying to find a partner who is (A) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

With whom I often feel (B) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

But, only I’m trying to get them to become (C) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

So that I can begin to feel (D) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

However, I sometimes sabotage my needs and (E) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is this mostly true for you regarding your current and/or past relationships who you were with for more than 6 months? Most would say yes!

Instead of allowing your subsconsciou to run the show and instead of “avoiding” what you don’t want. Spend time seeking out what you do want. The words selected under letter “C” will provide a good start to looking for what you do want because ultimately, you want to feel the words you selected in “D”.