

Soulmate School Writing Exercise #2: Relationship Patterns

One great way to find out about your unconscious beliefs and patterns in relationships is to take a look at your past. For these introductory exercises take some time to analyze what you've been attracting into your life.

Be sure to be gentle with yourself in this process. Recognition is the first step to change!

List all of your love relationships and significant sexual partners. If you haven't had a significant relationship then answer the following in regards to crushes or fantasy relationships. Do this in order from most distant past to most recent.

1) List the positive qualities of each person.

2) List the negative qualities of each person.

3) List the positive qualities of each relationship and how you felt.

4) List the negative qualities of each relationship and how you felt.

5) Do you see any patterns in either the positive or negative qualities?

6) Are there any shifts over time? If so, do you notice a correlation with any shifts in your relationship to yourself?