



EXERCISE 2D: WHAT'S YOUR EMOTIONAL PATTERN IN RELATIONSHIPS?

Briefly jot down key words and phrases to describe your feelings and beliefs about the relationships/prospects below. See emotions list in panel opposite if you need help.

A	Name of Ex-Partner or Prospect I Didn't Date
B	What initially attracted me to this person? What words best describe the top qualities that attracted you?
C	What main emotions did you feel when you started dating? OR What main emotions did you feel as you imagined dating this person?
D	What primary emotions did you feel most in the relationship (if you dated)? OR How did it feel to want this person and not date them?
E	Why did you break up? OR Why didn't it pan out?
F	What main emotions did you feel when the relationship ended, or the prospect didn't pan out?

EMOTIONS

Fear	Anger/Blame	Hopefulness
Grief	Discouragement	Optimism
Depression	Worry	Positive Expectation/Belief
Despair	Doubt	Enthusiasm/Eagerness/Happiness
Powerlessness	sappointment	Passion
Unworthiness	Overwhelm	Joy/Empowerment/Freedom
Jealousy	Frustration	Appreciation/Gratitude
Insecurity	Boredom	Love
Guilt	Relief	
Hatred/Rage/Revenge	Contentment	