



EXERCISE 2E: WHAT'S YOUR EMOTIONAL PATTERN?

Briefly jot down the words that came up most in the chart above

What 3 qualities attracted me the most in previous relationships and Prospects?	What 3 emotions did I feel most in early dating or desiring the person?	What main 3 emotions did I feel most of the time when dating this person or when imagining dating them?	What are the top 3 reasons these relationships didn't work out and who initiated the end?	What are the 3 main emotions did you feel when the relationship ended, or the prospect didn't pan out?
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3