



## EXERCISE 2G: RELATIONSHIP PATTERNS

Below are common relationship pattern themes. Please review for reflection and uncovering what feels true for you so you can become aware and move on. Circle the ones that fit.\*\*

Theme	Emotional cues
Codependence	<ul style="list-style-type: none"> <li>◆ I obsessively need to take care of others.</li> <li>◆ I need to control the actions of others.</li> <li>◆ I have trouble setting/respecting boundaries.</li> <li>◆ I'm a people pleaser and feel taken advantage of.</li> <li>◆ I lose myself or give too much.</li> <li>◆ My needs come last in relationships.</li> <li>◆ I fear rejection if I say no.</li> <li>◆ I depend too much on other's opinions.</li> <li>◆ I become too involved in other's problems or rescuing others.</li> <li>◆ I tend to attract partners with addictions.</li> <li>◆ I avoid intimacy and close relationships because I am afraid of any or all the above.</li> </ul>
Control	<ul style="list-style-type: none"> <li>◆ I tend to seek partners who will tell me what to do so I don't have to take responsibility.</li> <li>◆ I tend to blame partners for my shortcomings.</li> <li>◆ I tend to seek partners who don't take responsibility for their word or actions.</li> <li>◆ I tend to seek partners whom I can control so I feel safe.</li> </ul>
Dependence	<ul style="list-style-type: none"> <li>◆ I tend to seek partners who will take care of me financially or emotionally.</li> <li>◆ I over-rely on others to meet my physical and emotional needs.</li> </ul>
Conflict	<ul style="list-style-type: none"> <li>◆ I tend to avoid or seek conflict in relationships.</li> <li>◆ I tend to feel high anxiety in relationships.</li> <li>◆ I tend to be defensive in conflict.</li> <li>◆ I tend to be judgmental in relationships.</li> <li>◆ I have trouble communicating my truth for fear of retaliation.</li> <li>◆ I tend to hold my feelings in until I explode (rage) or implode (addiction).</li> <li>◆ I often blame partners for my failures or holding me back.</li> <li>◆ I tend to be passive aggressive or attract passive aggressive partners.</li> </ul>

\*\*If any of these patterns feel deep, consistent, obsessive or overwhelming patterns resulting from trauma, please consider therapy that can precede this journey or run alongside it. While coaches can be extremely valuable in helping clients transform, they are not trained counselors for healing trauma or diagnosing mental health issues.

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<p>Conflict (contd.)</p>	<ul style="list-style-type: none"> <li>◆ I tend to attract partners who are often aggressive or disrespectful when they don't get what they want.</li> <li>◆ The quality of friendships and frequency of getting together has decreased when I'm in relationships.</li> <li>◆ I obsess over what was said/not said.</li> </ul>
<p>Fear of abandonment</p>	<ul style="list-style-type: none"> <li>◆ I attract partners who can't express or give love.</li> <li>◆ I stay in relationships too long because I need to show a return on my investment.</li> <li>◆ I stay in relationships too long because deep down I am unsure I can do better.</li> <li>◆ I attract partners who can't commit or leave me.</li> <li>◆ I can't commit in relationships because I fear being engulfed or abandoned.</li> </ul>
<p>Fear of intimacy</p>	<ul style="list-style-type: none"> <li>◆ I tend to overly romanticize or idealize relationships and partners.</li> <li>◆ I tend to be dishonest or secretive in relationships because I don't think people would love the real me.</li> <li>◆ I tend to be dishonest or secretive in relationships because I don't think I can get my needs met by speaking my truth.</li> <li>◆ I tend to be inauthentic/can't relax in relationships because I'm afraid I'm unlovable.</li> <li>◆ I often find myself posing so I look attractive with partners.</li> <li>◆ I often feel self-conscious in relationships, trying to act the way I think my partner wants because I fear they will leave.</li> <li>◆ I feel empowered around immature or less evolved partners.</li> <li>◆ I avoid or feel insecure around confident partners who might challenge me.</li> </ul>
<p>Fear of intimacy (contd.)</p>	<ul style="list-style-type: none"> <li>◆ I avoid or feel insecure around confident partners who might challenge me.</li> <li>◆ I tend to compare myself to potentially healthy partners and feel lacking or unworthy.</li> <li>◆ I don't feel I deserve my ideal partner.</li> <li>◆ I have trust issues.</li> <li>◆ I'm sexually insatiable.</li> <li>◆ I have a history of unstable relationships.</li> <li>◆ I explode when I am angry or have trouble expressing emotions.</li> </ul>
<p>Abusive</p>	<p>If you attract people who physically and verbally abuse you, please seek professional counseling. You must face and release the trauma from this before you can shift this. This book will be here when you are ready.</p>
<p>What did I learn about myself after reviewing these? Use this space for any journaling you want to do.</p>	