



## EXERCISE 2F: WHAT'S YOUR EMOTIONAL PATTERN

Questions for Reflection and Journaling\*\*

When looking at column C above, what person(s) did you feel these emotions within your childhood or teen years?

When looking at column E above, what person(s) did you feel these emotions within your childhood or teen years?

When reflecting on your current relationship with this person(s) is it the way you would like it to be? If not, what is unresolved?

\*\* Please note if this was a physical, sexual or emotionally abusive relationship, it is recommended you discuss this with a therapist.

## EXERCISE 2F: continued

If not resolved, and from a place of detached curiosity, what do you think are the primary reasons this person harmed you, whether intentionally or unintentionally? Was it their:

- ◆ Fear?
- ◆ Dishonesty?
- ◆ Selfishness?
- ◆ lack of awareness?

If you were to look at this as a detached adult, is it possible they did the best they could at their stage of emotional/spiritual development? If so, how could that change the way you see them?

From a place of detached curiosity, what responsibility\*\* can you take in this discord without punishing yourself? Was it partly due to your own:

- ◆ Fear?
- ◆ Dishonesty?
- ◆ Selfishness?
- ◆ Lack of awareness?

WORKSHEET CONTINUED NEXT PAGE



## Exercise 3B: WHAT AM I LOOKING FOR IN A SOUL MATE RELATIONSHIP?

<p>Top 5 Things I Don't Want in a Relationship</p> <p>(The opposite of these will help clarify what you want)</p>	<ol style="list-style-type: none"><li>1. _____</li><li>2. _____</li><li>3. _____</li><li>4. _____</li><li>5. _____</li></ol>
<p>Top 10 Things I MOST Want in a relationship</p> <p>(Circle the 5 you need MOST to be happy in relationship)</p>	<ol style="list-style-type: none"><li>1. _____</li><li>2. _____</li><li>3. _____</li><li>4. _____</li><li>5. _____</li><li>6. _____</li><li>7. _____</li><li>8. _____</li><li>9. _____</li><li>10. _____</li></ol>



## Exercise 3E: Channel Your Empowered Alter-Ego

Answer these Questions—without Editing—to See What Part of You Wants to Come Out!

What qualities does my alter ego have that I MOST wish I did right now? (i.e. confidence, uniqueness, courage, etc.). Put at least one quality down.

In what area of my life am I NOT showing up for myself that I wish my alter-ego would help me with?

Is there a celebrity—alive or dead—that I most want my alter ego to emulate? This could be a politician, movie star, musician, scientist, drag queen, athlete, writer, artist, fictional character, etc. Describe them.

Is there an archetype, zodiac sign, power animal or superhero/superheroine whose qualities I really admire? One I always resonated with deep down? Write about what comes to mind



## 4A: HOW WAS MY LATEST MATCH NOT CLOSER TO MY IDEAL SOUL MATE?

Example	
Values?	Competitive. Not ambitious.
Personality Traits?	Moody
Financial Goals?	Materialist. Doesn't save.
Spiritual Goals	Religious instead of spiritual
Physical Goals	Couch potato
Deal Breakers?	Smoker. Doesn't want kids.

Here is a clean copy for you to fill in	
Values?	
Personality Traits?	
Financial Goals?	.
Spiritual Goals	
Physical Goals	
Deal Breakers?	.



## 4A: HOW WAS MY LATEST MATCH CLOSER TO MY IDEAL SOUL MATE?

Example	
Values?	Contributes to causes.
Personality Traits?	Easygoing, Communicative.
Financial Goals?	Wants financial freedom.
Spiritual Goals	Wants to continue spiritual growth
Physical Goals	Eats pretty healthy.
Deal Breakers?	Compatible sense of humor.

Here is a clean copy for you to fill in	
Values?	
Personality Traits?	
Financial Goals?	
Spiritual Goals	
Physical Goals	
Deal Breakers?	



4A: HOW DO THESE LEARNINGS ABOVE CLARIFY FURTHER WHAT I DO WANT?

I want a relationship with a person who:

- ◆ wants to make a meaningful impact on the world
- ◆ wants to make a meaningful impact on the world
- ◆ is active and a non-smoker
- ◆ is interested in and devoted to spiritual growth
- ◆ has a compatible sense of humor