

Relationship History Assessment

1. (name)

What attracted you:

How you were hurt:

What you learned about yourself/opposite sex:

1. (name)

What attracted you:

How you were hurt:

What you learned about yourself/opposite sex:

1. (name)

What attracted you

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1. (name)

What attracted you:

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1. (name)

What attracted you:

How you were hurt:

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1. (name)

What attracted you:

How you were hurt:

What you learned about yourself/opposite sex:

1. (name)

What attracted you

How you were hurt:

What you learned about yourself/opposite sex:

1. (name)
2. What attracted you:

How you were hurt:

What you learned about yourself/opposite sex:

Do you see any patterns? [ ]  Yes [ ] No

How would you characterize your relationship with your opposite sex parent? (For instance, I felt very comfortable and accepted; I felt unwanted and pushed aside.)

How did your relationship with your opposite-sex parent influence your other relationships with the opposite sex? (For instance, I felt rejected by my father, and so I’ve always needed a lot of male attention; I felt controlled by my mother, and I let women control me.)

**Summary**

What have you learned about yourself in general through your relationships with the opposite sex? (For instance, that I get hurt a lot, that I desperately need to have a boyfriend/girlfriend to feel goo about myself.)