



Worksheet

Identifying and Discovering your past relationships and Patterns

Write down all the different kinds of love stories, sexual partners, and relationships you can remember from your past. Make a list classifying each person by name (or by a characteristic, emotion or a pattern) and how they impacted you. Circle the intensity or impact of each relationship.

1. _____ (very intense, intense, not so intense, neutral)

2. _____ (very intense, intense, not so intense, neutral)

3. _____ (very intense, intense, not so intense, neutral)

4. _____ (very intense, intense, not so intense, neutral)

5. _____ (very intense, intense, not so intense, neutral)

6. _____ (very intense, intense, not so intense, neutral)

7. _____ (very intense, intense, not so intense, neutral)

8. _____ (very intense, intense, not so intense, neutral)

9. _____ (very intense, intense, not so intense, neutral)

10. _____ (very intense, intense, not so intense, neutral)

11. _____ (very intense, intense, not so intense, neutral)

12. _____ (very intense, intense, not so intense, neutral)

13. _____ (very intense, intense, not so intense, neutral)

14. _____ (very intense, intense, not so intense, neutral)

15. _____ (very intense, intense, not so intense, neutral)

16. _____ (very intense, intense, not so intense, neutral)

17. _____ (very intense, intense, not so intense, neutral)

18. _____ (very intense, intense, not so intense, neutral)

19. _____ (very intense, intense, not so intense, neutral)

20. _____ (very intense, intense, not so intense, neutral)