

Relationship Debriefing

Note:

Hopefully you are at place in your recovery and by completing this exercise, you will learn even more about yourself and future relationships.

1. What were your initial thoughts and responses to your ex when you first met?

2. What do you think this person's initial reaction to you was like?

2.1. What did he or she think?

2.2. Did two of you ever discuss your initial reaction?

3. If you weren't that interested at first, what brought about the change?

3.1. Has this been a pattern in your relationship?

4. At the beginning who did the pursuing?

4.1. Did this pattern continue throughout the relationship?

5. Were both you and your partner available for a permanent relationship?

6. Throughout a relationship feelings can change and fluctuate. What were your changes on the following scales? (Circle a number)

6.1. Beginning of the relationship:

0	1	2	3	4	5	6	7	8	9	10
Negative			Neutral		Average		Very Positive			Love

6.2. Middle of the relationship:

0	1	2	3	4	5	6	7	8	9	10
Negative			Neutral		Average		Very Positive			Love

6.3. End of the relationship:

0	1	2	3	4	5	6	7	8	9	10
Negative			Neutral		Average		Very Positive			Love

6.4. When the relationship was over:

0	1	2	3	4	5	6	7	8	9	10
Negative			Neutral		Average		Very Positive			Love

7. If feelings changed at times, what was the cause?

8. How would you chart your ex's feelings for you at the various stages?

8.1. Use the scale above, but draw a box to indicate your ex-partner's level of affection.

8.1.1. Beginning of the relationship:

0	1	2	3	4	5	6	7	8	9	10
Negative			Neutral		Average		Very Positive			Love

8.1.2. Middle of the relationship:

0	1	2	3	4	5	6	7	8	9	10
Negative			Neutral		Average		Very Positive			Love

8.1.3. End of the relationship:

0	1	2	3	4	5	6	7	8	9	10
Negative			Neutral		Average		Very Positive			Love

8.1.4. When the relationship was over:

0	1	2	3	4	5	6	7	8	9	10
Negative			Neutral		Average		Very Positive			Love

9. When the relationship started, did you have any reservations?

9.1. If so, what were they?

9.2. Did your friends have any reservations?

9.3. If so, what were they?

9.4. Did your family have any reservations?

9.5. If so, what were they?

10. What do you wish you knew about the person at the beginning of relationship that you do know now?

11. How would this have made a difference?

12. What didn't your ex-partner know about you at the beginning of relationship that could have made the difference?

13. What do you wish you had done differently?

14. In what way did you discuss problems in the relationship?

15. Who brought up the problem?
 - 15.1. Who was most resistant?

 - 15.2. Did the discussion bring about positive changes?

16. How did the relationship end?
 - 16.1. Who brought it up first?

 - 16.2. Who resisted and how?

17. What might have made this relationship work?

18. What are your thoughts and feelings about your ex at this time?

19. What specifically did you learn from this experience that will help you in the future?

20. What are some reasons that your breakup was ultimately for the best?

Best Wishes for Your Journey through Slippery Slope of Recovery !!!