

What dream do you have for this relationship?

C. Characteristics and personality traits.

1. List ten adjectives that describe your former partner.

- | | |
|------------|-------------|
| i. _____ | vi. _____ |
| ii. _____ | vii. _____ |
| iii. _____ | viii. _____ |
| iv. _____ | ix. _____ |
| v. _____ | x. _____ |

2. What do you know about the prospective person? List as many adjectives as you can describe this person.

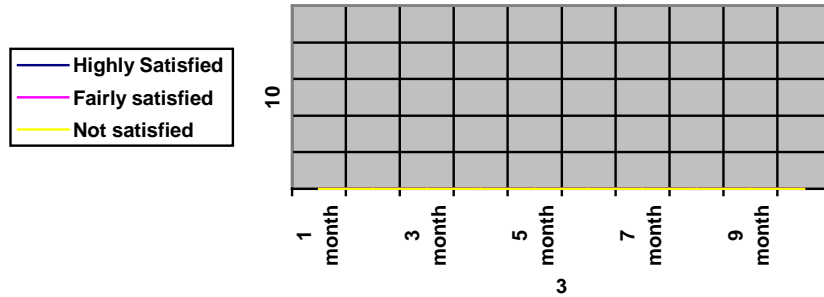
- | | |
|------------|-------------|
| i. _____ | vi. _____ |
| ii. _____ | vii. _____ |
| iii. _____ | viii. _____ |
| iv. _____ | ix. _____ |
| v. _____ | x. _____ |

Now indicate with a check mark the adjectives in both lists that describe **you**.

3. Underline any of the following descriptions that apply to you. Place a check mark by any that apply to the person in your past relationship. Circle any that apply to the person in your prospective relationship.

- | | |
|----------------------------|------------------------|
| Perfectionistic tendencies | Use of pornography |
| Overworks | Loss of control |
| Sleeps too much | Use of drugs |
| Compulsive behaviour | Depression |
| Procrastination | Aggressive behaviour |
| Difficulty at work | Use of alcohol |
| Smokes | Low self-esteem |
| Insomnia | Overeats |
| Risk taker | Withdrawal from others |
| Suicidal threats | Verbally abusive |
| Crying | Lazy |
| Impulsive behaviour | |

4. Below is graph to help you see when your level of satisfaction with your relationship began to falter and then fail. On the bottom line of the graph fill in time increments, such as “1 month”, “2 months”, and so on, or “2months”, “4 months” and so on, depending on how long you were in the relationship. Then make a dot above each time increment, indicating your satisfaction level.



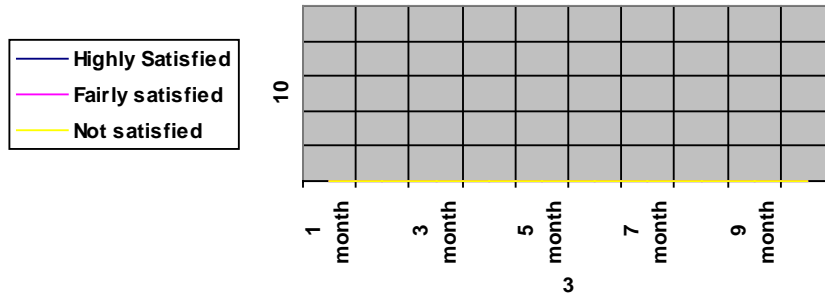
What did you do to improve the relationship?

Describe in detail how your breakup has impacted and changed you.

What will you bring into this next relationship from the previous one?

What do you *not* want to bring to your next relationship and how will you avoid this?

5. Describe the pattern of satisfaction you predict you will have in your new relationship.



New describe specifically what you will do to make this a reality.

6. In what ways is your present relationship similar to the former one?

7. In what ways is your present relationship different from the former one?

Good Luck for a Rewarding Future !!!