

Chapter 3 – Symptoms Sheet – SINGLES

This straightforward exercise will allow you to pinpoint exactly what bothers you the most. Whilst it states the obvious, the idea is that you are tracing a line in the sand and will be able to go back to it once you have done the work to see how much you have achieved.

Tick all the following statements that apply to you and mark them like so:

- 1 – I experience this but I can live with it
- 2 – I experience this and it's a problem
- 3 – This is actually affecting me a lot

STATEMENT	✓	1 - 2 - 3
I can't meet anyone		
I only attract a particular type		
If so, which type:		
I meet people but it never lasts		
I have commitment issues		
They all seem to have commitment issues		
What's wrong with me?		
What's wrong with them?		
Why can't I be with someone half decent?		
All the good ones are already taken		
Why does it have to be so difficult?		
I want... (list)		
I meet people but there's no chemistry		
I always end up in the Friends Zone		
They all seem to have commitment issues		
They're never like their photo		
It's bad relationship after bad relationship		
I'm stuck in a rut		
I'm not as happy as I could be		
I'm fed up of always being the one on my own		
I don't want to settle for something I don't want		

Answer the following 2 questions with the first thing that springs to your mind.

What do you feel your biggest challenges are?

Why do you feel things aren't going your way?
