

The background of the page features a soft-focus image of a beach scene. In the foreground, the back of a large elephant is visible, standing on a wooden pier or walkway. The ocean is in the background, and several birds are flying in the sky. The overall tone is light and airy.

Chapter 4 Worksheet – SINGLES

This exercise may seem overly pessimistic but is essential for the rest of the journey. Please make sure you answer the questions as honestly as possible.

Go back through the Chapter 3 Symptoms Sheet and answer the following 2 questions.

Are all your answers in the same categories (i.e. communication, disappointment, expectations, etc.)? List them all.

Are these issues new or have you experienced them before? Is there a pattern and if so, what is it?

Clear your head and answer the following questions with the first things that come to your mind.

In your eyes, what are all the negatives about your previous relationships (not the people)?

In your eyes, what are all the negatives about your ex-partners?

In your eyes, what are the main things you don't want to find in a future partner?
