Chapter 5 Worksheet 1 –SINGLES

This exercise is to help you realise how you can positively change your current experience. As discussed in this chapter, perception is projection so what you see in your partner that bothers you is something that you will have in you too. These questions are not designed to blame but to allow you to see how you could start to improve the situation.

Go back through the Chapter 4 Worksheet and answer the following questions.

Do you display some or all of the negative aspects that you pointed out in your previous relationships? (For instance, if one of the things annoying you is that you didn't feel listened to, do you actually listen to the other person or just trying to put your point across without listening either?)

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By displaying these behaviours, is it fair to say you could have been aggravating the situation?

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How could you have reversed these negatives? (As per previous example, could you have listened more?)

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Now, clear your head and answer the following questions with the first things that come to your mind.

In your eyes, what were all the positives about your previous relationships (not the people)?

In your eyes, what were all the positives about your ex-partners?

In your eyes, did you share some of these positive qualities and behaviours together?

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