



Successful Dating

How To Attract The Right Partner

REMOVING EMOTIONAL BAGGAGE

The following questions are not easy to answer and you will need to be totally honest and focus on yourself. You may be upset at some of the answers but it is essential to go through this process. These questions should be answered whether you were the one who decided to end things or the one at the receiving end.

- Why did your last relationship end?

- What triggered it?
- Were there any signs?
- What were they?

- How did it make you feel?

- Did you play a part?
- What was it?

- Did you change?
- How did you change?

- Could you have put more effort into the relationship?
- Would it have changed the outcome?
- How does that make you feel?

- In hindsight, would you do anything differently?
- What would it be?

- Will you do the same thing again?
- How does it make you feel now?