Successful Dating
How To Attract The Right Partner

To do this exercise, you must take your time, be alone and not have any potential distractions (i.e. switch your phone off). You may need to do it in more than one session as the questions are in depth and require honest answers. When you answer the questions, write as much information as possible.

- **Do I attract a certain type of person?**

- **Do I attract a certain type of relationship?**

- **Do all my relationships fail around the same time?**

- **What is my pattern?**

- **Why have I been attracting this?**

- **What do I find attractive in this pattern?**

- **Is it because it's comfortable?**

- **Is it because of what I know?**

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- **Is it because of the way I think?**

- **Is it because of my view of my own self worth?**

- **What is my self worth?**

- **When did this pattern start to happen?**

- **What triggered it?**

- **Do I want it to end?**

- **Why?**

- **How am I going to change this pattern?**

- **How will I know?**

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