

Past Dating Patterns Worksheet

	Mother	Partner 1	Partner 2	Partner 3	Partner 4
Her positive traits					
Her negative traits					
Shared positive					
Shared negative					
Your positive traits in the relationship					
Your negative traits in the relationship					
Your relationship in one word					
Positive traits you want in next relationship. How do they manifest themselves?					
How will you achieve the above?					
Positive traits you want next partner to have					

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Instructions

If you are a straight man you will put your mother (or main female caregiver in the first column). The four next columns are for the most important girlfriends you have had or, alternatively, women you have found yourself attracted to but your interest was not reciprocated.

1. In the first row, write the positive traits each person had (e.g. kind, caring, beautiful).
2. In the second row, write the negative traits each person had (e.g. bossy, short temper, narrowminded).
3. In the third row, write the common positive traits. If you see a positive trait written more than once in the first row, you write it here. So, if your mom and your last girlfriend both have a great sense of humor, you would write it here.
4. In the fourth row, you want to write the common negative traits. If you see a negative trait written more than once in the second row, you write it here. So, if your last two girlfriends were both closeminded, you would write it here.
5. In the fifth row are the positive traits the relationship brought out in you. For example, you might be more patient with your mother than with anyone else. Or your last girlfriend brought out the cuddler in you.
6. In the sixth row put the negative traits that the relationship brought out in you. You might have found your first girlfriend made you combative when normally you aren't or your last girlfriend made you feel more insecure than ever before.
7. Row seven is where you write down the first word that comes to mind when you think of the relationship.
8. In row eight you write down what positive traits you want to have in future relationships. You can write anything here but...
9. In row nine you have to answer an important question: **How will I acquire those traits?** Are you going to meditate so you'll be more chill? Will you read about relationships so you'll be a better listener? Nothing happens magically so being dedicated to self-development and understanding what you need in this stage of your life are key to successful & long-lasting relationships.
10. The last row is where you write the positive traits you want your future girlfriend to have. Again, you can write anything here but you'll need to ask yourself another hard question: **Am I asking my future girlfriend to be something I am not willing to be?**

This exercise should help you understand what have been the negative patterns and/or choices in your life and the positive ones and will help you, if you want, make changes to your future actions. Remember, insanity is doing the same thing over and over again and expecting a different outcome. If you want a different outcome you need to make different choices.