

# Past Relationships

Past relationships can be difficult to think about, but there is a lot we can learn from them if we engage in healthy reflection. This worksheet will guide you step-by-step so that you can take away the most important lessons from your past.

**A) Choose a relationship to analyze – write the name of the person below.**

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**B) How did you first meet?**

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**C) What initially attracted you to them?**

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**D) What was the earliest sign that things weren't going to work out in the long-term?**

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**E) How long did the relationship last?**

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**F) Identify 2 positive traits in the person that you'd also like to see in a future partner.**

- \_\_\_\_\_
- \_\_\_\_\_

**G) Identify 3-5 negative traits in the person that you *wouldn't* like to see in a future partner.**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**H) Identify 3 positive traits you brought to the relationship.**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**I) Identify 2 negative traits you could've worked on better in yourself during the relationship.**

- \_\_\_\_\_
- \_\_\_\_\_

**J) What's one thing you BOTH could've worked on better?**

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**K) If you had to choose 3 words to describe the relationship overall, what would they be? Be creative.**

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**L) What was the most common recurring problem in the relationship? Be detailed and specific.**

**M) Choose 3 actions or responses to this recurring problem that you could've done differently.**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**N) What was the final deal-breaker to end the relationship?**

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**O) What's one main lesson you learned from this relationship?**

**How can you apply it to your future relationships?**

**Be detailed and specific.**

**P) Check the box below when you're ready – treat this as a personal affirmation.**

- I've learned a positive lesson from this relationship and I'm ready to move forward.

Congratulations! You've completed the worksheet. Feel free to start a new one if you'd like to analyze other past relationships in your life.

