

4) Name any insecurities you have experienced in past relationships and to what extent did they affect your behaviour or hold you back?

5) Can you see any patterns that have repeated themselves in the past with regard to your relationships e.g. attracting men who treat you in the same way.

6) What are your 5 top relationship values (the most important things you would like to have in a relationship)?

E.g. Honesty - and what would this look or feel like? I.e. I would be able to say anything and it would be ok. I would feel safe in opening up.

i)

ii)

iii)

iv)

v)

7) What do you think your biggest strengths are for helping you to achieve what you want in the area of relationships?

8) What do you believe will be your biggest barriers to achieving these goals (perceived or real 😊)?