

SINGLE PARENTS

Relationship Patterns

In order for you to find a future partner it is useful to reflect on earlier relationships and in particular identify patterns that reoccur in these relationships. Some of these may be desirable but others may be patterns that you would not want to occur again.

Past Relationships

What was good?	What was bad?	What did I want?	What did I get?

Are there any aspects of your past relationships that you do not want to repeat again? What are they?

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