

Identify Your Dating Patterns

A self-reflection sheet to help you understand the common threads in your dating or relationship experiences.

Sometimes the people we choose (or chase) reflect unconscious patterns – unmet needs, beliefs about our worth, or even attempts to "rewrite" past pain. This worksheet gently encourages you to reflect on what's familiar... so you can decide what you want to keep and what you're ready to let go of.

When I think back to previous dating experiences or relationships... what stands out?

Patterns in behaviour, how things began, how they ended, how you felt.

Do I notice a 'type' I'm drawn to - emotionally or physically?

Do these people have anything in common (e.g., emotionally unavailable, high drama, super charming, avoidant, overly intense, etc.)?

What needs did I often push aside or ignore in those dynamics?

What didn't get acknowledged, honoured, or spoken about?

Are there any stories I tell myself that might influence who I pursue (or settle for)?

Examples: "I always have to earn love," "No one will love the real me," "This is the best I'll get."

What do I want to do differently next time?

This can be about who you choose, how you communicate, how fast you move, or how you care for yourself.

Final Thought:

Recognising a pattern isn't about blaming yourself - it's about reclaiming your power to choose differently. Awareness is the first step toward change.