



RELATIONSHIP PROFILE

As with anything in life, getting what you want starts with knowing what you want. Use the chart below to develop an awareness of what you want inside of relationships.

What do you want?	What do you frequently attract?
Replacement (Rebound person)	The Taker
Date	Friend
Boyfriend	Game Player
Husband	Inconsistent/Unstable (abandonment issues)
Intimate partner	Lazy Lover
Father Figure	Judge

What beliefs do you have about yourself?

Example 1: I believe I am an amazing person who is worthy of attracting an amazing person.


Example 2: I believe I will never attract the “good guy” because I feel like “used goods.”

Would you like to make any changes to your belief system? Yes No

If yes, what changes? _____

Complete the following statement:

I want to change: _____

 **Power Connection:** Take an action step daily towards the change you want to see.