CHECKLIST · RELATIONSHIP

FREE PREVIEW

Learning from Past Relationship Patterns

Reflecting on past relationship patterns helps foster growth and build healthier connections. Use this checklist to identify and improve relationship habits.



10 steps | Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 Reflect on Past Relationships

Analyze patterns in communication, conflict, and emotional connection.

TIP *Journal about recurring themes or behaviors you've noticed.*

2 Identify Common Challenges

Pinpoint issues that frequently arose in past relationships.

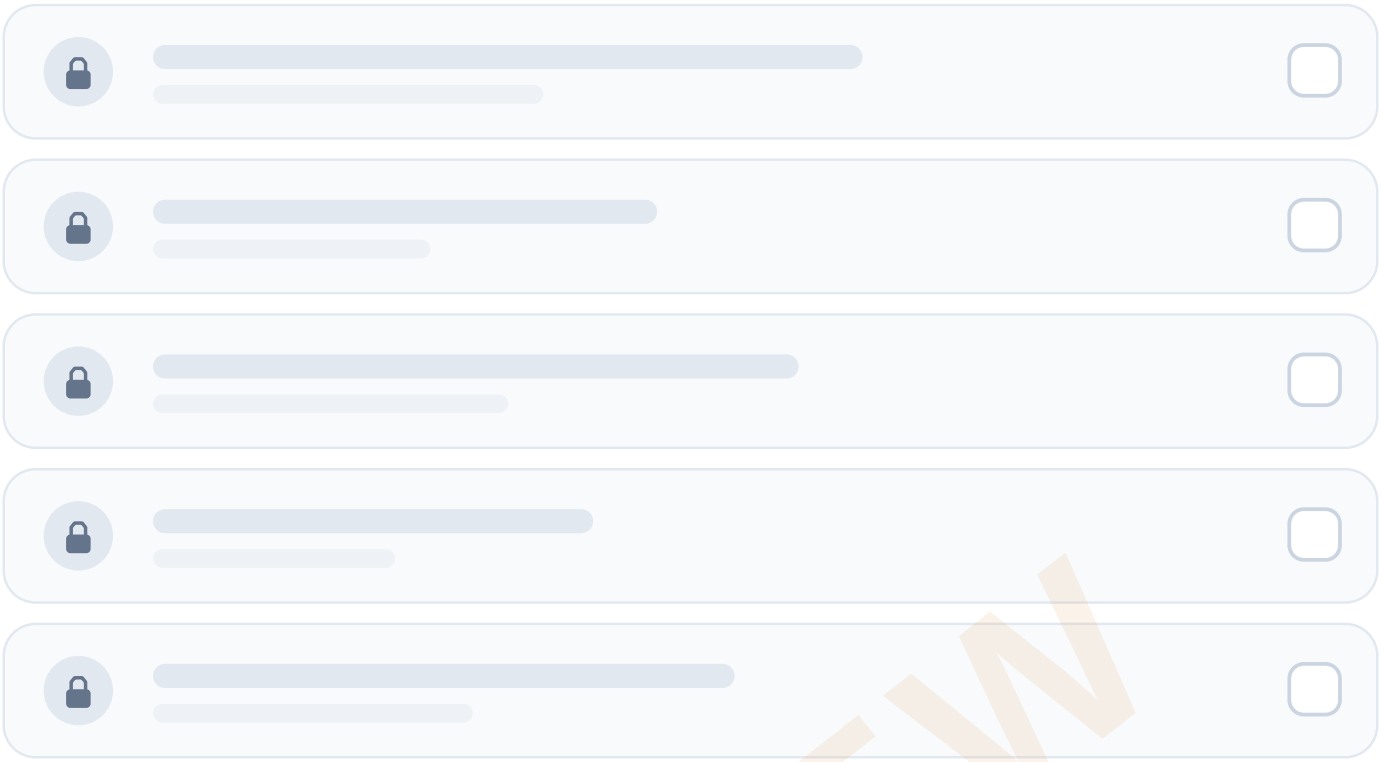
EXAMPLE *"I often struggled with expressing my needs clearly."*

3 Recognize Positive Patterns

Highlight habits that strengthened your past relationships.

TIP *Acknowledge traits like honesty or supportiveness that you want to maintain.*

PREVIEW



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PREVIEW