Identifying Your Patterns

Opening Your Heart To Your Soul Ally

As you begin this process, know that it's okay to feel a mix of emotions—hope, hesitation, excitement, or even resistance. Healing and growth aren't linear, but every small step you take brings you closer to the life you deserve: one of freedom, balance, and wholeness.

ABOUT ME

I am Coach Mel. Your certified Holistic Wellness and Relationship Coach. I am here to support you throughout your personal growth journey. Don't be a stranger. Email me with your questions at:

info@CouplesDevelopment.com

You are stronger than you know, and you are worthy of the peace and joy that come from stepping out of survival mode and into a life of aligned, empowered living. Let's take this journey together.

With love and encouragement,

Coach Mel

The Power of Self-Reflection

We all have patterns—some that help us grow and others that keep us stuck in cycles of frustration, disappointment, or fear. When it comes to love, these patterns often shape who we attract, how we connect, and whether we allow ourselves to be fully seen and known. If you're longing for a relationship that feels deeply aligned, fulfilling, and real—one where you and your partner uplift, challenge, and cherish each other—you must first recognize what has been standing in the way.

This worksheet is designed to help you reflect on your relationship history, beliefs, and emotional habits. By answering these questions honestly, you'll uncover the unconscious patterns that have shaped your love life and begin the process of shifting them. The goal is not to judge yourself but to bring clarity and self-awareness—because only when we see our patterns clearly can we choose something different.

Your Soul Ally—a partner who truly resonates with your essence—can only meet you at the level of openness, trust, and self-acceptance you allow. Use this reflection as a step toward creating space in your heart and life for the love you truly desire.

Soul Mate
Soul Ally

Soul Mate Beliefs:

- Love happens effortlessly.
- The right person will “just know” what you need.
- Conflict means the relationship isn’t meant to be.
- Chemistry determines the connection.
- The focus is on finding the perfect person.

Soul Ally Beliefs:

- Love is built through intention and action.
- Communication and emotional safety are cultivated.
- Challenges are part of growth and strengthen the bond.
- Compatibility and shared values create long-term success.
- The the right partner is based on shared vision, goals, and growing together.

1. **How has the belief in a 'Soul Mate' shaped the way I approach relationships—am I waiting for love to happen, or am I actively choosing and building it?**

2.Have I ever dismissed a potential partner because they didn't 'feel' like 'The One' instantly? What deeper qualities might I have overlooked in the process?

3. In what ways has the Soul Mate fantasy influenced my expectations of love—am I seeking perfection, or am I willing to grow and evolve with a real, imperfect person?

4. When I think about emotional intimacy, do I associate it with safety and connection, or do I feel discomfort and vulnerability—why?

5. In my past relationships, have I truly experienced emotional intimacy, or have I mistaken physical attraction and infatuation for real emotional safety?

6. How do I currently cultivate emotional intimacy in my relationships, and where might I be holding back out of fear, habit, or past wounds?

7. What patterns or beliefs have led me to choose emotionally unavailable partners—was I drawn to the challenge, the chemistry, or the hope that I could change them?

8. How have I ignored or rationalized the signs of emotional unavailability in past relationships, and what was I afraid would happen if I acknowledged the truth?

9. What unmet emotional needs from my childhood might have made me more willing to accept inconsistency, distance, or emotional neglect in a relationship?

The 8 Types of Love

The ancient Greeks understood that **love is multifaceted—it isn't just about passion or attraction.** Instead, they identified eight distinct types of love, each playing a unique role in human relationships. A healthy, lasting partnership isn't built on just one type of love but rather a balance of multiple forms.

- **Eros (Romantic, Passionate Love)** – Sexual attraction
- **Philia (Deep Friendship)** – Trust, loyalty, companionship
- **Mania (Obsession)**– Possessiveness, jealousy
- **Ludus (Playful Love)** – Flirting, new relationship excitement
- **Storge (Familial Love)** – Comfort, familiarity
- **Pragma (Enduring Love)** – Committed goal-oriented partnership
- **Philautia (Self-Love)** – Confidence, self-respect
- **Agape (Unconditional Love)** – Selfless, divine love

10. Which types of love (Eros, Philia, Mania, Ludus, Storge, Pragma, Philautia, Agape) have been most present in my past relationships, and which have been missing—how has this shaped my experiences in love?

11. Have I ever mistaken passion (Eros) for a deep connection, or overlooked the importance of friendship (Philia) and commitment (Pragma) in building a lasting relationship?

12. How has my ability (or inability) to give and receive different types of love influenced the quality and longevity of my romantic relationships?

13. Have I ever stayed in a relationship because the chemistry was strong, even when deeper compatibility—values, vision, and emotional security—was missing?

14. When choosing a partner, have I prioritized how they make me feel in the moment over how well we align for the future?

15. If chemistry faded in a past relationship, did I feel a strong foundation remained, or did I realize there was little else holding us together?

16. Am I willing to let go of the fantasy that love should be effortless and instead commit to building a relationship based on shared values, emotional safety, and mutual growth?

17. Have I been more focused on finding someone who 'feels right' in the moment rather than someone who aligns with my long-term vision for love and life?

18. What mindset shifts do I need to make to move from passively waiting for 'The One' to actively choosing and cultivating a partnership with a Soul Ally?

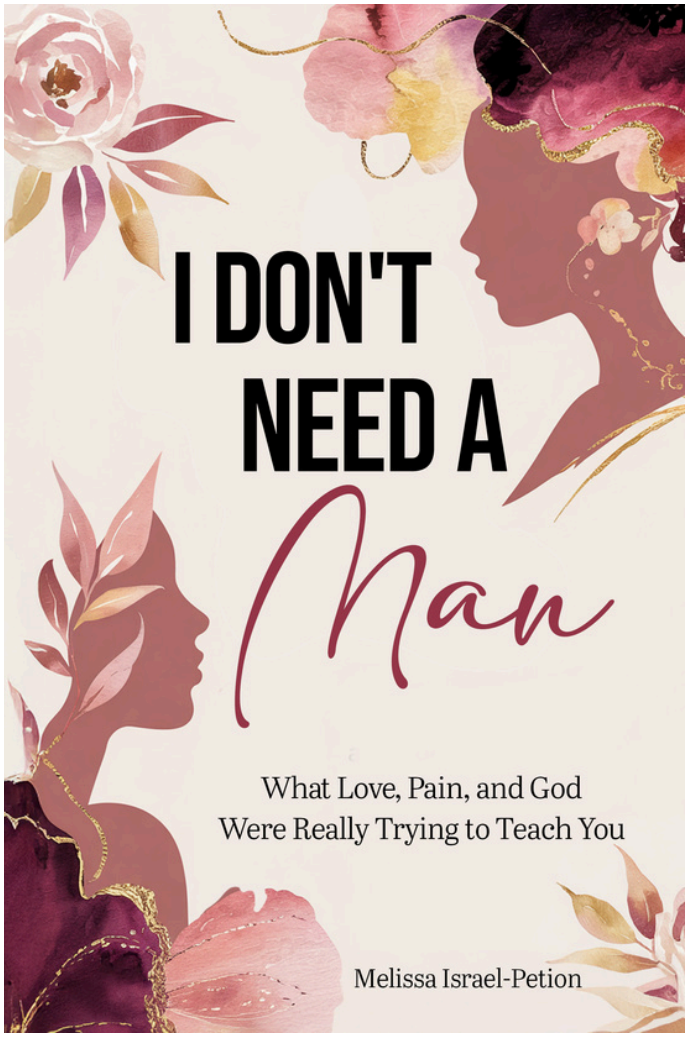
19. Am I ready to take ownership of my love life and build a relationship that is aligned, intentional, and built to last?

20. What beliefs or fears have been holding me back from fully taking responsibility for the kind of love I create and accept in my life?

21. What practical steps can I start taking today to shift from passive dating to actively choosing a relationship that aligns with my values and my vision for the future?

Enjoyed this workshop?

Check out Coach Mel's new book.
I Don't Need A Man: *What Love, Pain, and God Were Really Trying to Teach You.*



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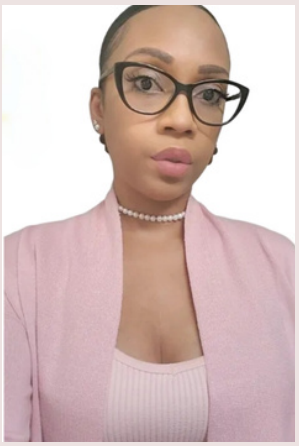
VIEW NOW

COUPLES DEVELOPMENT



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