



## The Echelon Way Love Academy

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### Week One - Relationship History

Write a history of your relationships, starting with your first ever memory. Use free flow writing. Do not over think this or plan it, just let go and see what comes. Write about how you felt the first time you fancied someone, the way you felt about yourself, what happened and what you felt in relation to each incident.

Look for the patterns, do you see a repetition? Is it that you have crushes on people but feel too scared to approach them? Have you allowed yourself to be badly treated? Have you stayed far too long in relationships that were unhappy, even abusive? Do you stay alone for long periods? Do you reject men who are good for you and chase one's that are not?

Do you have certain 'danger zones' where you get pulled in and suddenly feel out of control? Do you always seem to attract married men, men with addiction or depression problems or people who need rescuing?

Notice what happens to you when you are in relationships, do you tend to lose yourself, become depressed or do you give up your own life and try to be everything to the other person?

Write it all out and see what comes up, discuss this with your coach and specifically look for parallels between your love patterns and your family of origin - are there any similarities? What repeats?

Identify what you need to let go of, what are your blind spots and what behaviours need to change in order for you to be top of your own list.