

Soulmate School Writing Exercise #1: Getting to Know Your History

As you start this process of calling in your Love, it's important to look back a bit so you have a clear sense of your relationship imprinting, history and patterns. Part of this process is really getting to know yourself. Sometimes it's hard to see our own patterns and perceptions. The intention of this exercise is for you to get really clear about what your beliefs are, what you have been attracting in the past, and any limits you may have to love. This will make it easier for you to clear these blocks as we move through Soulmate School together.

This exercise is for your eyes only. Feel free to answer as many or few of the questions as you like. Just know that the deeper you go in this process the easier it will be to move through the blocks and into receptivity for LOVE.

Childhood

What types of models did you have for romantic love? Were your parents together or separated? If they were together, were they happy? Was your mother in her power with your father or other men? Did you have other marriages or partnerships around you growing up? Grandparents, aunts and uncles, family friends? What were the consistent messages you learned by observation about marriage and partnership? What messages did you receive about being a girl/woman in your culture?

Teen Years

What are your early memories of love and romance? Did you have crushes (did you like someone who didn't know it)? Did you start dating earlier or later in your teen years? Did you not date at all in your teens? What were your experiences in romantic relationships? What was your first heartbreak? Did you become sexually active as a teen? At what age? How did you feel about it? What were the qualities of the people you were consistently attracted to?

Twenties / Thirties / Forties / Fifties / Sixties (answer for each age group to current age)

How did/do you feel about relationships and love? Was/Is your general outlook optimistic, or pessimistic? How did/do you feel about men in general? How did/do you feel about your sexuality? Have you noticed changes in your relationships or perceptions about them as you age?

Have you experienced any sexual trauma? Have you received professional support for it?
How do you feel this impacts you in romantic relationships?

**We will begin to energetically clear the trauma out of your body in Step 2.

Thank you for taking the time to dive into your own 'story'. Now that you know, it will be easier to release the parts and patterns that no longer serve you.