

## MY UNCONSCIOUS RELATIONSHIP AGENDA

Follow the instructions to transfer information from the Relationship Work up. Imagine this is your unconscious speaking when you were in the meat selection process, and when you are being “automatic” in your relationship.

1. I am trying to find a life partner who will be... (Insert circled positive traits from section 1 of the Relationship Workup).

2. But I won't really fall in love unless he or she also has at least some of these traits... (Insert circled negative traits from section 2 of the work up).

When I find someone with a blend of these positive and negative traits, I will get really interested in him or her and may fall in love and form an intimate, committed to love relationship.

3. In my relationship I will struggle to get my partner to stop exhibiting negative traits, so I can finally get what I am longing for in a relationship – an adult version of this...(Insert unmet needs from section 3 in the Workup).

1)

2)

3)

4. In my relationship I will sometimes do things that are self limiting, things that actually keep me from getting what I'm longing for. This will tend to happen when I do an adult version of these behaviors... (Insert past coping responses to frustrations from section 4 of the Workup).

1)

2)

3)