



The Key to Start Unblocking Love

Reflection Worksheet

1. Can we predict the future by using past experiences?

_YES _NO

2. Name one of the very first techniques we'll be using to start seeing love differently.

3. Think about your parents' relationship. It doesn't matter if they were divorced when you were 2, if you were adopted, if your parents were never married. I want you to ask yourself "What is your perception of their relationship?"

4. To help clarify, list out what you like about your parents relationship and what you dislike.

LIKE

DISLIKE

LIKE	DISLIKE



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5. Choose a side. Either you ADMIRE or DISLIKE their relationship. If you are split between liking and disliking their relationship, then simply pick one that is even 1% more than the other for now.

___Admire ___Dislike

Now take a look at your list of what you admire or disliked. Ask yourself how you might be repeating some of the same patterns in your love life and put some examples here.

6. After using the Start Unblocking Love technique, you will start to identify patterns that you couldn't see before.

__TRUE __FALSE

7. "Future-tripping" can mean we are missing _____.

8. Watching the stories of some past clients, were there any parts to their story you could relate to? If yes, what? If no, what felt off to you? (Feel free to share these in the comments under the video as well!)



Answer key:

1. NO
2. Unblocking Love
7. TRUE
8. Opportunities