



RESOURCE 2.1

DATING PATTERNS DISCOVERY WORKSHEET

HVL Connect Client Resource

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ABOUT THIS RESOURCE

Purpose: This worksheet helps you understand your relationship history and identify patterns that may be keeping you stuck in unhealthy dating cycles.

When to use this:

- You keep choosing the wrong people
- Your relationships follow similar patterns
- You want to understand why your relationships don't work
- You're ready to break old patterns
- You're preparing to date with more awareness
- You want to make different choices going forward

What this resource provides:

- Comprehensive relationship history review
- Pattern identification tools
- Family of origin exploration
- Attachment style assessment
- Action plan for breaking patterns

Important: This work can bring up difficult emotions. Be gentle with yourself. Consider working through this with your coach or therapist.



INTRODUCTION: WHY PATTERNS MATTER

Understanding Patterns

PATTERNS ARE UNCONSCIOUS REPETITIONS.

You might notice:

- You keep choosing the same type of person
- Your relationships end the same way
- You play the same role in every relationship
- You ignore the same red flags
- You have the same conflicts
- You feel the same disappointments

These aren't coincidences. They're patterns.

Common Dating Patterns

COMMON PATTERNS INCLUDE:

The Fixer:

- Attracted to people who need "saving"
- Relationships feel like projects
- You give more than you receive
- Partners are emotionally unavailable or struggling

The Chaser:

- Attracted to people who are distant or unavailable
- You pursue, they withdraw
- You feel anxious about the relationship
- You work hard for their attention and love

The Repeater:

- Keep choosing people like your ex (or like a parent)
- Same issues, different person
- Familiar feels comfortable, even if unhealthy

The Settler:

- Ignore red flags because you want a relationship
- Compromise your values or needs
- Stay longer than you should
- Fear being alone more than being in wrong relationship



The Runner:

- Leave when things get serious
- Find flaws when intimacy deepens
- Sabotage good relationships
- Fear commitment or vulnerability

The Perfectionist:

- No one is ever good enough
- Focus on flaws instead of connection
- Use impossibly high standards to avoid intimacy
- Protect yourself from vulnerability

How Patterns Form

PATTERNS FORM FROM:

Childhood experiences:

- What you learned about love from parents
- How you were treated growing up
- What felt "normal" in your family

Past relationships:

- Unhealed wounds from previous partners
- What you learned to expect from relationships
- Coping mechanisms you developed

Attachment style:

- How you learned to attach to others
- Your comfort with intimacy and closeness
- Your response to relationship stress

Unmet needs:

- Trying to get childhood needs met through partners
- Seeking what you didn't receive growing up
- Unconscious attempts to heal old wounds

Fear and protection:

- Protecting yourself from past hurts
- Avoiding vulnerability
- Staying in control



The Power of Awareness

YOU CAN'T CHANGE WHAT YOU DON'T SEE.

Awareness is the first step:

- Seeing your patterns clearly
- Understanding where they come from
- Recognizing them as they happen
- Choosing differently

This worksheet creates awareness.

From awareness comes choice.

From choice comes change.



PART 1: YOUR RELATIONSHIP HISTORY REVIEW

Instructions

COMPLETE THIS SECTION FOR EACH SIGNIFICANT PAST RELATIONSHIP.

"Significant" means:

- Lasted at least 3 months
- You had feelings for them
- It impacted you emotionally
- You learned something from it

Include:

- Serious relationships
- Important dating relationships
- Even relationships that didn't work out but mattered to you

Don't include:

- Casual dates (1-2 dates)
- Relationships with no emotional investment

Be honest. This is for you, not anyone else.

Relationship #1

BASIC INFORMATION:

Their name (or initials): _____

How long together: _____

Your age at the time: _____

How it ended: _____

WHAT ATTRACTED YOU TO THEM?

Initially, what drew you to this person?

What did you like about them?



What did you hope this relationship would give you?

What need were they meeting (or did you hope they'd meet)?

EARLY WARNING SIGNS:

Looking back, what red flags or warning signs did you notice early on?

Did you ignore or minimize any concerns? What were they?

What did you tell yourself to justify staying or ignoring red flags?

What would you tell a friend if they described these red flags?

PATTERNS IN THE RELATIONSHIP:

How did you typically handle conflict?



Who had more power in the relationship?

How did you feel most of the time in this relationship?

What role did you play? (Caretaker, pursuer, fixer, etc.)

What role did they play? (Distant, needy, critical, etc.)

What did you compromise or give up?

What needs went unmet?

HOW IT ENDED:

Who ended it? _____

Why did it end?



How did you feel when it ended?

Looking back, why do you think it really ended?

Were there patterns that led to the end?

LESSONS LEARNED:

What did you learn about yourself from this relationship?

What did you learn about what you need in a relationship?

What did you learn about what you don't want?

If you could do it differently, what would you change?



What pattern or behavior would you not repeat?

Relationship #2

BASIC INFORMATION:

Their name (or initials): _____

How long together: _____

Your age at the time: _____

How it ended: _____

WHAT ATTRACTED YOU TO THEM?

Initially, what drew you to this person?

What did you like about them?

What did you hope this relationship would give you?

What need were they meeting (or did you hope they'd meet)?

EARLY WARNING SIGNS:

Looking back, what red flags or warning signs did you notice early on?



Did you ignore or minimize any concerns? What were they?

What did you tell yourself to justify staying or ignoring red flags?

What would you tell a friend if they described these red flags?

PATTERNS IN THE RELATIONSHIP:

How did you typically handle conflict?

Who had more power in the relationship?

How did you feel most of the time in this relationship?

What role did you play? (Caretaker, pursuer, fixer, etc.)

What role did they play? (Distant, needy, critical, etc.)



What did you compromise or give up?

What needs went unmet?

HOW IT ENDED:

Who ended it? _____

Why did it end?

How did you feel when it ended?

Looking back, why do you think it really ended?

Were there patterns that led to the end?



LESSONS LEARNED:

What did you learn about yourself from this relationship?

What did you learn about what you need in a relationship?

What did you learn about what you don't want?

If you could do it differently, what would you change?

What pattern or behavior would you not repeat?



Relationship #3

BASIC INFORMATION:

Their name (or initials): _____

How long together: _____

Your age at the time: _____

How it ended: _____

WHAT ATTRACTED YOU TO THEM?

Initially, what drew you to this person?

What did you like about them?

What did you hope this relationship would give you?

What need were they meeting (or did you hope they'd meet)?

EARLY WARNING SIGNS:

Looking back, what red flags or warning signs did you notice early on?



Did you ignore or minimize any concerns? What were they?

What did you tell yourself to justify staying or ignoring red flags?

What would you tell a friend if they described these red flags?

PATTERNS IN THE RELATIONSHIP:

How did you typically handle conflict?

Who had more power in the relationship?

How did you feel most of the time in this relationship?

What role did you play? (Caretaker, pursuer, fixer, etc.)



What role did they play? (Distant, needy, critical, etc.)

What did you compromise or give up?

What needs went unmet?

HOW IT ENDED:

Who ended it? _____

Why did it end?

How did you feel when it ended?

Looking back, why do you think it really ended?

Were there patterns that led to the end?

LESSONS LEARNED:

What did you learn about yourself from this relationship?



What did you learn about what you need in a relationship?

What did you learn about what you don't want?

If you could do it differently, what would you change?

What pattern or behavior would you not repeat?

CONTINUE FOR ADDITIONAL RELATIONSHIPS AS NEEDED

Use additional paper or copy this format for each significant relationship.



PART 2: PATTERN RECOGNITION

The People You Tend to Choose

LOOKING AT ALL YOUR PAST RELATIONSHIPS:

What type of person are you typically attracted to?

What traits do your past partners have in common?

Personality:

Emotional availability:

Communication style:

Attachment style:

Life situation:



Values:

Treatment of you:

WHAT DRAWS YOU TO THIS TYPE?

What about this type feels familiar?

What about this type feels exciting or attractive?

What need does this type meet (or promise to meet)?

Who does this type remind you of? (Parent, past partner, etc.)

IS THIS TYPE GOOD FOR YOU?

Does this type typically:

- ☐ Treat you well
- ☐ Meet your needs
- ☐ Support your growth
- ☐ Make you feel secure
- ☐ Communicate effectively



- ☐ Share your values
- ☐ Want the same things

Or does this type typically:

- ☐ Leave you feeling anxious or insecure
- ☐ Not meet your needs
- ☐ Hold you back
- ☐ Make you feel small
- ☐ Avoid communication
- ☐ Have different values
- ☐ Want different things

Be honest: Is the type you're attracted to good for you?

Your Patterns in Relationships

LOOKING AT YOUR BEHAVIOR ACROSS RELATIONSHIPS:

What role do you typically play?

- ☐ The caretaker (fixing, helping, giving more)
- ☐ The pursuer (chasing, seeking reassurance)
- ☐ The distancer (withdrawing, needing space)
- ☐ The peacekeeper (avoiding conflict, keeping everyone happy)
- ☐ The perfectionist (criticizing, never satisfied)
- ☐ The victim (blaming, feeling wronged)
- ☐ The martyr (sacrificing, suffering)
- ☐ Other: _____

How do you typically handle conflict?

What do you typically compromise or give up?



What needs typically go unmet?

How do you typically feel in relationships?

What do you typically do when things get hard?

What boundaries do you typically struggle to maintain?

Relationship Dynamics

LOOKING AT THE PATTERNS BETWEEN YOU AND PARTNERS:

Who typically has more power?

Who pursues and who distances?

Who gives more and who receives more?



Who's more emotionally available?

Who initiates difficult conversations?

Who ends relationships?

What dynamic keeps repeating?

Is this dynamic healthy?

Common Threads

ACROSS ALL YOUR RELATIONSHIPS:

What always seems to go wrong?

What need never gets met?



What conflict keeps happening?

What feeling keeps coming up?

What do you keep hoping will be different?

What keeps disappointing you?

YOUR PRIMARY PATTERN:

In one sentence, what's your main dating pattern?

Example: "I choose emotionally unavailable people and then chase them for love and validation."

Example: "I ignore red flags because I'm afraid of being alone, then feel resentful when the relationship doesn't work."

Your pattern:



PART 3: FAMILY OF ORIGIN INFLUENCE

Your Parents' Relationship

YOUR PARENTS (OR PRIMARY CAREGIVERS):

Describe their relationship:

How did they treat each other?

How did they handle conflict?

How did they show (or not show) love?

What was the dynamic between them?

Were they happy together?

Did they stay together?

If separated/divorced, how did that affect you?



What You Learned About Love

FROM YOUR PARENTS' RELATIONSHIP, YOU LEARNED:

Love is:

Relationships are:

Men are: (or "My father was:")

Women are: (or "My mother was:")

Conflict means:



To get love, you have to:

Marriage/partnership is:

MESSAGES YOU RECEIVED ABOUT RELATIONSHIPS:

Explicit messages (things you were told):

Implicit messages (things you observed):

Messages about your worth:

Messages about what you deserve:



Patterns You're Repeating

LOOKING AT YOUR PARENTS' RELATIONSHIP AND YOUR OWN:

What patterns from your parents' relationship are you repeating?

Who are you most like? (Mother, father, or combination)

How are you like them in relationships?

Who do your partners remind you of? (Parent, caregiver)

How are your partners like that person?

What dynamic from your childhood are you recreating?

Why might you be recreating this? (What are you trying to resolve or heal?)



Patterns You're Determined to Break

WHAT YOU DON'T WANT TO REPEAT:

From your parents' relationship, what do you NOT want?

What did you promise yourself you'd never do?

What did you promise yourself you'd never accept?

Are you keeping these promises to yourself?

If not, what's getting in the way?

Your Relationship with Each Parent

YOUR RELATIONSHIP WITH YOUR MOTHER (OR MATERNAL FIGURE):

How would you describe your relationship?



How did she treat you?

What did you learn about yourself from her?

What need did she meet or not meet?

How does this affect your romantic relationships?

YOUR RELATIONSHIP WITH YOUR FATHER (OR PATERNAL FIGURE):

How would you describe your relationship?

How did he treat you?

What did you learn about yourself from him?



What need did he meet or not meet?

How does this affect your romantic relationships?

Unmet Childhood Needs

NEEDS THAT WEREN'T MET IN CHILDHOOD:

Check all that apply:

- ☐ Safety and security
- ☐ Unconditional love and acceptance
- ☐ Emotional attunement (being seen and understood)
- ☐ Validation and encouragement
- ☐ Healthy boundaries
- ☐ Consistency and reliability
- ☐ Affection and physical touch
- ☐ Freedom to be yourself
- ☐ Support for your dreams and goals
- ☐ Protection from harm
- ☐ Healthy conflict resolution modeling
- ☐ Emotional expression allowed
- ☐ Autonomy and independence

Most significant unmet needs:

1.

2.

3.

How do you try to get these needs met in romantic relationships?



Is this working?

What would be a healthier way to meet these needs?



PART 4: YOUR ATTACHMENT STYLE

Understanding Attachment

ATTACHMENT STYLE = HOW YOU LEARNED TO ATTACH TO OTHERS

Formed in childhood based on:

- How caregivers responded to your needs
- Consistency and reliability of care
- Safety and security in relationships
- What you learned about closeness and trust

Your attachment style affects:

- Who you're attracted to
- How you behave in relationships
- How you handle intimacy and closeness
- How you respond to conflict and stress
- What feels "normal" or comfortable

Secure Attachment Assessment

SECURE ATTACHMENT CHARACTERISTICS:

Rate each statement (1-5):

1 = Not like me at all, 5 = Very much like me

- ___ I'm comfortable with intimacy and closeness
- ___ I trust my partner and feel secure in relationships
- ___ I can express my needs and feelings openly
- ___ I'm comfortable depending on others and having them depend on me
- ___ I don't worry excessively about my relationships
- ___ I can handle conflict without feeling threatened
- ___ I believe I'm worthy of love
- ___ I can be close without losing myself
- ___ I recover relatively quickly from relationship setbacks
- ___ I'm comfortable with both closeness and independence

Total Score: _____ (out of 50)

40-50: Strong secure attachment

30-39: Mostly secure with some insecurity

20-29: Mixed attachment (some secure, some insecure)

10-19: Insecure attachment



Anxious Attachment Assessment

ANXIOUS ATTACHMENT CHARACTERISTICS:

Rate each statement (1-5):

1 = Not like me at all, 5 = Very much like me

- ☐ I worry a lot about my relationships
- ☐ I need a lot of reassurance from my partner
- ☐ I'm afraid my partner will leave me
- ☐ I feel anxious when my partner pulls away or needs space
- ☐ I sometimes act clingy or needy
- ☐ I check my phone constantly for messages from my partner
- ☐ I analyze everything my partner says or does
- ☐ I feel like I love more than I'm loved
- ☐ I'm afraid of being abandoned
- ☐ I sometimes push for more closeness than my partner wants

Total Score: _____ (out of 50)

40-50: Strong anxious attachment

30-39: Moderate anxious attachment

20-29: Some anxious tendencies

10-19: Low anxious attachment

Avoidant Attachment Assessment

AVOIDANT ATTACHMENT CHARACTERISTICS:

Rate each statement (1-5):

1 = Not like me at all, 5 = Very much like me

- ☐ I value independence and self-sufficiency highly
- ☐ I'm uncomfortable with too much closeness or intimacy
- ☐ I need a lot of space in relationships
- ☐ I have difficulty expressing emotions or needs
- ☐ I pull away when things get too serious
- ☐ I sometimes feel suffocated in relationships
- ☐ I prefer to handle problems on my own
- ☐ I'm uncomfortable depending on others
- ☐ I sometimes sabotage relationships when they get too close
- ☐ I find it hard to trust or open up fully

Total Score: _____ (out of 50)

40-50: Strong avoidant attachment



30-39: Moderate avoidant attachment

20-29: Some avoidant tendencies

10-19: Low avoidant attachment

Your Attachment Style

BASED ON YOUR SCORES:

My primary attachment style is:

My secondary tendencies (if any):

I may also have mixed/complex attachment patterns:

IF YOU'RE SECURELY ATTACHED:

- You're comfortable with intimacy and independence
- You trust others and feel worthy of love
- You communicate openly and handle conflict well
- You're likely to choose secure partners
- Your challenge: Maintaining security while growing

IF YOU'RE ANXIOUSLY ATTACHED:

- You crave closeness but fear abandonment
- You need reassurance and worry about relationships
- You may pursue or cling when stressed
- You're often attracted to avoidant partners (creates anxiety)
- Your challenge: Building self-soothing and security within yourself



IF YOU'RE AVOIDANTLY ATTACHED:

- You value independence and may fear closeness
- You're uncomfortable with emotional intimacy
- You may distance or withdraw when stressed
- You're often attracted to anxious partners (creates distance)
- Your challenge: Learning to trust and open up

IF YOU HAVE MIXED/COMPLEX ATTACHMENT:

- You may show both anxious and avoidant patterns
- You want closeness but fear it at the same time
- You may push-pull in relationships
- Often results from inconsistent or traumatic caregiving
- Your challenge: Healing trauma and building secure attachment

How Your Attachment Shows Up in Dating

IN DATING, MY ATTACHMENT STYLE SHOWS UP AS:

Who I'm attracted to:

How I act in early dating:

What I do when things get serious:

How I handle conflict:



What triggers my insecurity:

My typical pattern when stressed:

What I need to work on:



PART 5: BREAKING THE PATTERNS

Patterns You're Committed to Breaking

LOOKING AT EVERYTHING YOU'VE DISCOVERED:

PATTERNS I'M COMMITTED TO BREAKING:

Pattern #1:

Why this pattern is harmful:

What I'll do differently:

How I'll know I'm falling into this pattern:

What I'll do when I notice it:

Pattern #2:

Why this pattern is harmful:



What I'll do differently:

How I'll know I'm falling into this pattern:

What I'll do when I notice it:

Pattern #3:

Why this pattern is harmful:

What I'll do differently:

How I'll know I'm falling into this pattern:

What I'll do when I notice it:



New Patterns You're Creating

NEW PATTERNS I'M CREATING:

Instead of choosing [old pattern], I will choose:

Instead of ignoring [red flag], I will:

Instead of playing [old role], I will:

Instead of accepting [unhealthy behavior], I will:

Instead of compromising [important need], I will:

What You're Looking For Now

BASED ON WHAT I'VE LEARNED, I'M NOW LOOKING FOR:

Type of person:



Key qualities:

1. _____
2. _____
3. _____
4. _____
5. _____

How they treat me:

How I feel with them:

What I will NOT accept:

What I will NOT compromise:

Accountability and Support

TO BREAK MY PATTERNS, I NEED:

Support from:



Accountability for:

Professional help with:

Personal work on:

Daily practices:

Weekly check-ins:

PEOPLE WHO WILL SUPPORT ME:

Person 1:

Name: _____

How they'll support me: _____

Person 2:

Name: _____

How they'll support me: _____

Person 3:

Name: _____

How they'll support me: _____

My coach:

Dante Yigael - 832-800-0417

How: Regular coaching sessions, accountability, guidance



Warning Signs to Watch For

SIGNS I'M FALLING INTO OLD PATTERNS:

- ☐ I'm ignoring red flags
- ☐ I'm making excuses for someone's behavior
- ☐ I feel anxious or insecure constantly
- ☐ I'm giving more than I'm receiving
- ☐ I'm compromising my values or needs
- ☐ I'm playing my old role (fixer, chaser, etc.)
- ☐ I'm attracted to someone who's unavailable
- ☐ I'm moving too fast
- ☐ I'm not listening to my gut
- ☐ My friends are concerned
- ☐ I'm isolating from my support system
- ☐ I feel like I'm losing myself

When I notice these signs, I will:

1. _____
2. _____
3. _____

Your Commitment to Change

I COMMIT TO:

- ☐ Seeing my patterns clearly
- ☐ Understanding where they come from
- ☐ Taking responsibility for my choices
- ☐ Breaking unhealthy patterns
- ☐ Creating new, healthy patterns
- ☐ Choosing differently going forward
- ☐ Doing the work (therapy, coaching, personal growth)
- ☐ Being patient with myself
- ☐ Asking for support when I need it
- ☐ Believing I deserve healthy love



MY COMMITMENT STATEMENT:

I am committed to breaking my pattern of:

I am committed to creating a new pattern of:

I am committed to choosing partners who:

I am committed to being someone who:

I am committed to doing this work because:

Signed: _____

Date: _____



REFLECTION AND INTEGRATION

What You've Learned

AFTER COMPLETING THIS WORKSHEET:

My biggest insight:

What surprised me:

What I'm ready to change:

What I'm afraid to change:

What I need to heal:

What I'm hopeful about:



Next Steps

IMMEDIATE NEXT STEPS:

This week:

- ☐ _____
- ☐ _____
- ☐ _____

This month:

- ☐ _____
- ☐ _____
- ☐ _____

Ongoing:

- ☐ _____
- ☐ _____
- ☐ _____

PROFESSIONAL SUPPORT:

I need therapy for:

I need coaching for:

I need support with:

I will reach out to:

By when: _____



FINAL REMINDERS

You're Not Broken

HAVING PATTERNS DOESN'T MEAN YOU'RE BROKEN.

It means:

- You're human
- You learned to survive
- You developed coping mechanisms
- You're doing the best you could with what you knew

Now you know more. Now you can choose differently.

Patterns Can Change

PATTERNS ARE LEARNED. THEY CAN BE UNLEARNED.

Change happens through:

- Awareness (you've done this!)
- Understanding (you've done this too!)
- Choice (choosing differently in the moment)
- Practice (new patterns take time)
- Support (you don't have to do this alone)
- Compassion (be gentle with yourself)

You can break old patterns. You can create new ones.

This Is Brave Work

LOOKING AT YOUR PATTERNS TAKES COURAGE.

You've done something brave by completing this worksheet.

You've:

- Looked honestly at your past
- Taken responsibility for your patterns
- Committed to changing
- Opened yourself to growth

This is the work that creates lasting change.



You Deserve Healthy Love

YOU DESERVE:

- A partner who treats you well
- A relationship that feels secure
- Love that doesn't hurt
- Someone who meets your needs
- A partnership that supports your growth
- Healthy, fulfilling love

Not because you've earned it. Because you exist.

Breaking your patterns opens the door to the love you deserve.

NEXT STEPS

AFTER COMPLETING THIS RESOURCE:

- Review your insights with your coach
- Complete Resource 2.2: Creating Your Dating Action Plan
- Consider therapy for deeper pattern work (especially if trauma-related)
- Share relevant insights with trusted friends for accountability
- Return to this worksheet regularly to track progress
- Celebrate your awareness and commitment to change

ABOUT HVL CONNECT

Dante Yigael, Certified Life Coach

Specializations:

- Dating Coaching
- Couples Coaching
- Intimacy Coaching
- Relationship Pattern Work

Approach:

- Evidence-based (Attachment Theory, EFT, Gottman Method)
- Holistic and compassionate
- Focused on awareness and change
- Supportive and non-judgmental

Contact:

Email: dante@hvlconnect.com Phone: 832-800-0417

Website: www.hvlconnect.com

You've taken a powerful step toward breaking old patterns and creating the love you deserve. Keep going. You've got this.