

## **Take a moment to reflect on your love relationships**

The love and relationship inventory is designed to bring clarity to your love and relationship experiences and beliefs. As you read through the inventory, answer honestly if the statements resonate with you.

While completing this you will gain insights into whether you are needy and dependent in a relationship, or if you are authentic and autonomous.

There is no blame here, somewhere along the line you would have learnt beliefs and behaviours that meant you put love and self worth outside of yourself. There may have been times through your life experiences where you have felt unworthy, unloved and rejected, though if this has been your experience in the past, there is no evidence that history will repeat itself, except for your thinking making it so.

You may find that some statements overlap and you might waiver between different answers for different kinds of relationships (relationships with a significant other, relationships with a parent or child, relationships with friends and colleagues). You may even notice that you behave the same way in all relationships and that you I seek approval, acceptance and love from outside of yourself across a wide variety of relationship experiences.

If, as you read through the questions, you are aware of an emotional charge related to any of the statements, then please use EFT to clear whatever comes up for you. You can work through each statement and the different aspects that apply to you.

Use the statements the same way you would The Spotlight Process as a guiding light to get clear on what you need to change about your perceptions and beliefs and how you view love and relationships.

It's natural when you explore love and relationships that all sorts of thoughts, feelings and emotions could raise to the surface, some good and some not so good. Being open to any emotions that come up and simply noticing those emotions and identifying the emotion (i.e. anger, frustration, guilt, rage etc) means that it is there to be resolved.

Emotions are a record of the past in their own right and there to help us, not to harm us, it just depends on how we view the emotion as to whether we use it to limit us or help us to grow from the experience of feeling this emotion. All unresolved emotions have the potential to be transformed using EFT.

EFT is an ongoing process and can be used not only as a resource to aid your own growth and transformation while reading this book, but also as a resource to empower you in the future. Once you have learnt this technique, I suggest applying it to work through challenges from the past including as and when life events happen.

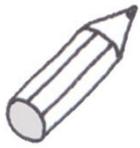
## Love and Relationship Inventory

### Insightful Questions



- Read through the statements below and make a note of the ones that you agree with
- Use this section as a guiding light to bring awareness to what you would like to change for yourself. As you read through, score the intensity of your emotions related to each statement, using the SUD (Subjective Unit of Distress) Scale
- To measure how true a limiting belief may be for you, you can also scale the percentage of how true your belief is. The VoC scale (Validity of Cognition) measures your current self-limiting beliefs rating them from a 0 when you have no belief at all to 100 when the belief feels completely true for you
- What you find yourself agreeing with may be a limiting belief. The limiting beliefs will need to be explored to pinpoint where the belief came from and if the belief is still appropriate for you right now as an adult. Keep a note of any limiting beliefs connected with each statement.
- If the beliefs that you identify with are limiting you, apply EFT and you will soon notice the release you feel from working through those feelings.
- I appreciate that there are a lot of statements here. Read through them all and to be really honest as you answer each point, as this will bring awareness to the areas of your love and relationship beliefs that may need to be cleared, transformed and evolved using EFT, so that you realise who you are is lovable - in or out of a relationship.
- Use EFT to reduce the emotional charge around your beliefs and any remembered experiences triggered by these statements. If you are able to link back to your earliest memory of when the statement became relevant for you, this will be more effective than working on more recent events and relationships.
- You may find it helpful to explore the love and relationship beliefs of your parents and caregivers, as it's possible that some of the beliefs that you are running are, in fact, their beliefs that have been handed down to you and learnt from them based on their own experiences of love and relationships.

**Practical Exercise (20 minutes)**



<b>Love and Relationship Inventory</b>	<b>SUD</b>	<b>VOC</b>
I have a preconceived vision of love and relationships and how they 'should' be		
Love needs to be a certain way for me to be happy		
I offer love based on conditions		
I believe that love can only be experienced by receiving it from another		
I think it's selfish to love myself		
I question and judge the actions of others instead of being in the flow of love		
I spend time worrying that I'm not getting enough love		
I believe that the past will repeat itself and I'm scared of getting hurt		
I put love outside of myself rather than taking responsibility to give love to myself		
I believe that if I love someone, their love may be stolen or taken away from me		
I believe I am unlovable or unworthy of love		
I lose my self identity when I'm in a relationship		
If I love again I fear being rejected		
I expect love to be like one of the fairy tales I read as a child		
I gain my self- worth and value through others		
My sense of security is only present when I'm in a relationship		
I am dependent on others for love		
Other people have better relationships than me		
I don't know how to love myself		
I end relationships before I have given them a chance to blossom		
I sabotage my future hopes by not having a relationship and 'playing safe'		
I put other people's feelings ahead of my own		
I need to be loved to feel complete		
I want to be close to someone but I'm afraid of being vulnerable		
It feels scary to open up to another person and be intimate		
It feels safer to be out of a relationship than in one		
I don't know who I am outside of a relationship		
My happiness depends on being in a relationship		
My emotional wellbeing depends on another person's validation of me		
I feel like a 'nobody' unless somebody loves me		
I am desperate to be loved		
I will not give my love unless I get 100% love back from the other person		
When I don't get what I want from a relationship I feel cheated and let down		
I try to change the people I am in a relationship with		
When a relationship ends I feel like a failure		
When I'm by myself I don't feel like a complete person		
I feel empty and alone when I'm not in a loving relationship		
I am preoccupied by negative relationships from the past		
Without a relationship my life would be empty and meaningless		

I'm frightened of being alone for the rest of my life		
I can't stand on my own two feet without someone to lean on		
If I'm in a relationship I'm on alert and expect things to go wrong		
I have never got what I wanted from relationships		
I look for evidence that I'm unlovable		
When I'm in a love relationship I look for all the flaws in my partner and the relationship itself		
I cling to hopes and dreams of a relationship working out, even though I know it's best for me to leave		
I don't seem to exist outside of a relationship		
I go into relationships blindly, it's better to be in one than alone		
I often feel alone and unhappy when I'm in a relationship		
I need to build myself up by making others love me		
I look for signs that my relationships will not work out		
It feels unsafe for me to be totally me and share all of myself in a relationship		
I drift from relationship to relationship, I have never spent time alone		
In relationships I become totally dependent on the other person to provide my happiness		
I go into relationships for the wrong reasons		
There must be something wrong with me if I'm not in a relationship		
I constantly think about negative experiences in previous relationships		
I feel like I can't move on from negative relationships from the past		
I put all my energy into my relationship and leave nothing for me		
I'm afraid that I will never be loved		
I feel insignificant and worthless outside of a relationship		
Life only has meaning if I'm in a relationship		
I feel more real in a relationship		
I need someone else to complete me		
I feel incomplete or off balance when I'm not in a relationship		
I don't trust anyone enough to share my feelings openly		
I am afraid of being honest or assertive in relationships		
I fear the physical or verbal violence that relationships can sometimes bring		
I am afraid that I will have to give up my family, career, hobbies etc if I have a relationship		
I put my own needs last in a relationship		
I find it hard to communicate my needs in a relationship		
I don't know who I am or what I want in a relationship		
I put up with unacceptable behaviour and hope that the other person will change		
I fear really being me, in case I'm not accepted, disapproved of, or rejected		