

HANDEL GROUP



NAME THAT PATTERN Worksheet

- 1) Follow the example in the chart below and map out your relationship history.
- 2) In order to streamline dating—whether you are looking for the one OR just having fun, you need to know what each H needs. However, what’s important to you, might not what’s important to another. Use the following basic 3H’s Guide to help you come up with your own ‘must haves.’ The HEAD tells you what looks good on paper, what’s practical, what’s smart. It asks the right preliminary questions—the basics; i.e. do we live in the same city? Have similar beliefs? Do we both want children? Make enough money? Come from stable families? The HEART wants you to go deep; i.e. do you feel intrigued, inspired, and even awed? Do you respect them and do you feel respected? Do you trust this person? The HOO-HA wants to be turned on; i.e. are you hot for this person? Do you want to make out with this person, even with morning breath? Is there something you find fundamentally sexy or cute about this person.
- 3) Word to the wise: Find your sense of humor. Only way to change a pattern is to see it first. Bemoaning it is optional.

Person's Name	Duration of Relationship	What was great about them?	What wasn't so great about them?	Who broke up with whom?	What was the relationship's fatal flaw? Any lying or cheating? By whom?	3H's Rating (1-10): 1 hire an attorney now and 10, ah-mazing	Name that pattern?	Connect the dots: Name that parent's pattern?
Example: John	2 years	Self-made, wealthy, smart, and thought I was the hottest thing	Stingy with his money, felt old, drank too much, always needed to "ruminate" on things	I broke up with him	He was a liar. He also had 2 daughters I didn't really like. He didn't really like mine. Caught him sneaking booze and, later, on the dating sites (!!).	Head: 9 Heart: 3 Hoo-ha: 3	I sell out for either hot, nice or rich. Not all. This one was rich.	My mom married the nice, smart guy with the most potential to make money. He was not hot, but was hard-working, not the cheating kind and, to this day, thinks she's the hottest thing. Connected dots: We both "cheated" ourselves by selling out for nice/money over heat and both got cheated on anyway.