

**Workbook**

**7**

**Days**

*To Lasting Love*



## Day 1: Action items

### Communication & Listening

Assess your communication skills. Reflect on how you communicate with others. Are you open, honest, and empathetic?

Over the next week, practice active listening – this means really focusing on what the other person is saying without planning your response.

### Past Relationship Themes & Patterns

Take a few moments today to reflect on your past relationships. Write down any recurring themes or patterns. Do you find yourself drawn to partners who are emotionally unavailable? Do you settle for less than what you truly want?

