

Workbook

7

Days

To Lasting Love



Day 3: Action items

Examining your patterns

Take some time over the next few days to get curious about the following:

What do I think my core wound is and what happens when it shows up?

Are there patterns that sound familiar from this list in the video that I've fallen into in past relationships? What are they?

What are the patterns in love that I most struggle with or that sabotage my relationships?

Maybe you know the pattern but not the wound. Identify what you think your pattern is and trace it back to the wound or wounds.

