

# What's My Romantic Model?

A questionnaire for discovering your hidden love pattern

From childhood, an unconscious romantic model is etched within us — a template that defines who will love us the way we needed to be loved as children. We are drawn to people who represent an opportunity to heal what didn't work in the past — without knowing it. Recognizing this model opens the possibility of choosing differently.

*If strong emotions arise along the way — stop and breathe. You don't have to complete it all at once.*

## 1 The parent who influenced you most

Think of the parent (or primary caregiver) who influenced you most emotionally in childhood. Write down 3 positive qualities they had:

*For example: warm, strong, present*

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And 3 qualities that were difficult to be around:

*For example: critical, unavailable, anxious*

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## 2 The hardest emotion to allow

In close relationships, which emotion is hardest for you to allow another person to make you feel?

- Not being loved    Disappointing others    Being betrayed    Losing control  
 Not being enough    Being invisible

## 3 What do the people who attracted you have in common?

Looking back at people who attracted you romantically — what keeps coming up?

*For example: very independent, needing rescuing, hard to reach*

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## 4 The connection — and what to do with it

Do you see a connection between what you wrote in steps 1–3? Write down what comes up:

*For example: "I'm drawn to critical people — just like my mother was"*

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And now — what would you like to be different? What is the love you didn't receive and are still searching for?

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Recognizing the pattern is not a life sentence. It's the starting point for more conscious love.