

## RELATIONSHIP HISTORY

This worksheet is designed to review your relationship history and discover any reoccurring patterns of behavior associated with abusive behavior.

Look back over your relationship history and recall how many intimate or casual relationships you have been involved in. Try to recall how the relationship started, progressed and ended.

How did you meet?

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Where did you meet?

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When did you meet?

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Was the initial response to her positive or negative?

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What attracted you to them?

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What did she find attractive about you?

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How long did it take for the relationship to start?

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How soon did you commit to the relationship, did you commit too soon?

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What were your expectations of the relationship?

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Were your expectations of the relationship realistic?

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What kept you in the relationship?

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What did you appreciate about her?

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What did you not like about her?

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When did you start to conflict?

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Did you conflict about anything in particular?

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How do you know when a relationship is over?

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How do you end a relationship?

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Name \_\_\_\_\_ Date \_\_\_\_\_

## Client's Relationship History

Goal – this worksheet is designed to help you recognize recurrent patterns of abusive behaviors throughout your relationship history. If we identify the problem behaviors, we can learn how to apply alternative behaviors to avoid similar mistakes in the future. For example, do I have a history of jumping into relationships too quickly before we really know each other? Did you try to inflict your will upon others? Did you try to intimidate others to establish your agenda?

Remember it is what we do not know about ourselves –our unconscious thoughts- that determines our behavior. This treatment program is designed to bring your unconscious thoughts into your awareness so you can increase your control of your thoughts and behavior.

Do you recognize any of the following motivations for abuse?

- A sense of entitlement     A need to control others     The need to always win disputes  
 Feeling insecure, vulnerable or afraid     Using force to achieve my relationship goals

Select one motivation for abuse that you identified and describe how this influenced your behavior in your intimate relationships. For example, Entitlement – “I am the bread winner in this relationship, she needs to have more respect for me!”

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Do you recognize any cognitive distortions in your intimate relationship history that influenced your behavior? Check those that apply.

- Blaming     Minimizing     Rationalizing     Distorting     Global thinking     Mental filter  
 Mind reading     Fortune telling     Magnifying     Emotional reasoning     Other

Select one of the cognitive distortions you identify with and provide an example of how this cognitive distortion influenced your behavior. For example, She started the fight (Blaming). She bruises easily (Minimizing).

