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Tips from the
**Divorce Support
Club**

New Relationships & Dating


1 Design your **ideal** partner

- > What values will they have?
- > What goals will they have?
- > What qualities are important to you?
- > How do they communicate?
- > How do they treat others?
- > What are some of the physical attributes that are attractive to you?
- > Are there any deal breakers?



2 Look at your **past** relationships

Consider your past relationships, what triggered you in those relationships and how you responded.

- > What do I see?
 - > What do I hear?
 - > What do I feel?
 - > What do I do?
- 
- > How did that keep me safe?
 - > Is it useful anymore?
 - > How is this relationship different?
 - > What else could I do?

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