



Meeting Your Match

Cracking the code to successful relationships

MYM Worksheet 8 ***Experiencing the end of a dating event***

Take a moment and recall one or two dating events or dating relationships you may have had. Let's look at a situation where someone else finished the dating process.

Did you feel upset or rejected when the other person ended the contact?

There are two possibilities – you simply felt rejected, or you had stronger feelings for them than they did for you.

If you thought that you had strong feelings, and you were hurt by them not feeling the same way, think for a moment. Would you really have been happy with someone who didn't feel the same way about you that you did about him or her?

Would a relationship ever have developed into a long-term commitment if the other person in the partnership wasn't committed?

If this wasn't the right person for you, think about how you could have seen, heard, and experienced the end of the contact differently.

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