

Do I Have Love Blocks?

10-Point Self-Check to See If Hidden Family Patterns May Be Sabotaging Your Relationships

✓ Check off each statement that resonates with you:

- 1. I struggle to fully trust my partner — even when nothing is wrong.
 - 2. I've noticed the same painful relationship patterns repeating again and again.
 - 3. I tend to attract emotionally unavailable, critical, or distant partners.
 - 4. I find it hard to open up emotionally — I often feel safer keeping my guard up.
 - 5. I fear being abandoned, betrayed, or left — even in healthy relationships.
 - 6. I hesitate to commit to one person, or I always question the relationship.
 - 7. I constantly seek reassurance, attention, or approval from my partner.
 - 8. I feel anxious when love gets too close, or when someone really sees me.
 - 9. My love life feels similar to one or both of my parents' relationship stories.
 - 10. I suspect there's something deeper — like childhood or inherited patterns — affecting how I love.
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What Your Score May Reveal:

- ✓ **0–3 Blocks Checked:**
Love may feel difficult at times, but you likely have strong awareness and openness to growth.
- ✓ **4–7 Blocks Checked:**
You may carry unhealed emotional patterns or inherited family dynamics that are affecting intimacy and connection.

- **✔ 8–10 Blocks Checked:**

These signs point to deep-seated love blocks. Healing your inner world and family system could unlock the love and safety you deeply crave.