### Notebook:

# LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]

hanks for diving deep with this book. The effort you put into preparing yourself for the best relationship is an important part of reaping a lifetime of love for you and your family. What follows is a page for each Exercise from the book, chapter-by-chapter. These Exercises include only one blank page per, but the format of this document allows you to expand or collapse each section so it's the right length for you. I recommend filling this in by computer rather than printing it out, to save trees and to protect your privacy. Enjoy!

-Duana Welch

#### PART I:

## Getting Ready For Love

CHAPTER 1: Put The Past—And Your Ex—Behind You
EXERCISE 1: The no-drama deal:

·	ACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD

V LOVE FACTUALLY FOR SINGL	E PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 2: The camping tent:

🖐 LOVE FACTUAI	LLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 3: The go-to argument:

<b>y</b> 20121AC	CTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 4: The respectful request:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 5: The kids as messengers:

blove factually for single parents [& those dating them]   Duana C. Welch, PhD
EXERCISE 6: Your ex's new partner:

UDUANA C. WELCH, PHD
EXERCISE 7: The late pick-up:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 8: Bogus call to Child Protective Services:

UOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
CHAPTER 2: Forgive Your Ex And Yourself
EXERCISE 1: Barriers to forgiveness:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 2: Feelings about your ex:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 3: Your ex's vantage point:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 4: A portrait of your pain:

U LOVE FACTU	ALLY FOR SING	GLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD	
		EXERCISE 5: Your ex's perspective:	

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 6: Your fences:
LILLICIEL O. 10th Jenees.

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 7: Your forgiveness list:
, , , ,

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 8: Self-forgiveness fill-in-the-blank:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 9: Your feelings inventory:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 10: Your boundaries:
Endicated 10. 10m oumantes.

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 11: Your empathy list:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 12: Catch and challenge your self-talk:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 13: Single-parent self-care:
EMERCIOLE 19. Single parent seif cure.

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
CHAPTER 3: Face Your Fears And Fix Your Picker
EXERCISE 1: The monster mash:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 2: The attachment match:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 3: The mind police:
LILLICISE J. The minu power.

<b>₩</b> LOVE FACTUAL	LY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 4: Build-a-mate:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 5: The cross-out stage:

U LOVE FACTUALL	Y FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 6: The life you seek:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 7: More Must-Haves:
,

EXERCISE 8: My "but" list:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
CHAPTER 4: Protect Your Kids And Yourself
EXERCISE 1: P.A.I.N.s you have known:

<b>U</b> LOVETACIOA	ALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 2: P.A.I.N. list 2.0:

UVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   Du	ANA C. WELCH, PHD
EXERCISE 3: Your escape	plan:

#### PART II:

## Mastering The Mechanics Of Dating

CHAPTER 5: Balance Your Life And Your Dating
EXERCISE 1: The childcare brainstorm:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD

<b>₩</b> LOVE FACTUAL	LY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 2: Pockets of time:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 3: Places to mix and mingle:
21121(2122 ) (1 move to min unit mingret

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 4: People to approach:

V LOVE FACTUA	ALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 5: Moves to use:

U LOVETACIO	ALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 6: Your dating sites:

EVED OLGE TO VILLE I
EXERCISE 7: Your photo shoot:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 8: The advertising executive:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
CHAPTER 6: Watch Out, It's A Trap! Men, women, and games people play
EXERCISE 1: The beauty list:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 2: The patience primer:

EXERCISE 3: A better letter:	

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 4: The Yes and No notes:

V LOVE FACTUAL	LLLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD	
	EXERCISE 5: The no-text script:	
		_
		_
		_
		—
		_

U LOVE FACTUALLY FOR	R SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 6: The no-text policy:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 7: The dinner bill:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
CHAPTER 7: The Parent Traps: Men, women, and timing your relationship
EXERCISE 1: The voting booth:

EXERCISE 2: The dating-around speech:

<b>₩</b> LOVE FACTUAL	LY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 3: The confession:

U LOVE FACTU	JALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 4: The theme park:
	•

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 5: The wait-till-later speech for Seekers of Men:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 6: The wait-till-later speech for Seekers of Women:

## PART III:

## Making The Choice: Getting Closer, Breaking Up, Moving Forward

(	CHAPTER 8: There's No Such Thing As A Blended Family
	EXERCISE 1: Competing agendas:

₩ LOVE FACT	TUALLY FOR SINGLE PARENTS [& TH	OSE DATING THEM]	DUANA C. WELCH, PHD	

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 2: Stepparent self-care:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 3: The daily-praise plan:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD			
EXERCISE 4: The cold front:			

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 5: The micromanager:

<b>₩</b> LOVE FACTUA	ALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 6: The respect routine:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 7: The responsibility roundup:

U LOVE FACTUALLY I	FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD			
1	EXERCISE 8: The intercession:			

U LOVE FACTUALLY FOR	R SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
	EXERCISE 9: The report card:

<b>♥</b> LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
CHAPTER 9: Happily Ever After
EXERCISE 1: The excuse ruse:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 2: The breakup script:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 3: The breakup script (for your kids):

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 4: The no-cohabitation policy:

b LOVE FACTUALI	Y FOR SINGLE PARENTS [& THOSE DATING	THEM]   DUANA C. WELCH, PHD
	EXERCISE 5: Th	he leaving speech:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD			
EXERCISE 6: The complaint compendium:			

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD
EXERCISE 7: The positive portfolio:

LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD		
	EXERCISE 8: The hearing test:	

V LOVE FACTUALLY FO	LOVE FACTUALLY FOR SINGLE PARENTS [& THOSE DATING THEM]   DUANA C. WELCH, PHD		
а	EXERCISE 9: The role model:		