



SINGLES RELATIONSHIP ANNUAL REVIEW

7 SIMPLE QUESTIONS THAT MAY CHANGE HOW YOU LOVE

For the single person navigating dating,
desire, and self-love in 2025.



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Fire Within Life



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ABOUT ME

Hi, I'm Rose, a Certified Relationship and Positive Intelligence Coach and Gottman Leader who has rebuilt from the inside out and learned what it truly takes to create healthy, lasting love.

I grew up navigating complex relationship dynamics, survived childhood trauma, and rebuilt my life after a long-term unhealthy relationship. Through that healing, I learned to love myself first so I could attract and create the kind of partnership I wanted.

I eventually met my "Mr. Wonderful," and together we've spent two decades growing, healing, and choosing each other through every season. Those years taught me that strong relationships are built on emotional safety, self-awareness, and the courage to keep choosing one another.

Today, I help individuals and couples release fear, deepen connection, and build relationships that feel safe, passionate, and alive.

You deserve love that brings out the best in you, and I'm here to help you create it.

Rose Cecchetto, CPC, CPQC
Certified Relationship & PQ Coach | Gottman Leader



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**LIFE KEEPS TEACHING, BUT IT'S
REFLECTION THAT TURNS ITS
LESSONS INTO WISDOM.**

— Adapted from modern reflections on
wisdom and experience



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INTRODUCTION

A year can pass quietly, almost unnoticed, yet your heart collects every moment.

- The small hurts.
- The unexpected sparks.
- The subtle patterns you swore you'd stop repeating.
- The truths you almost admitted to yourself.

Most singles don't lack opportunities for connection.

They lack clarity about themselves within those connections.

And without clarity, dating becomes reactive instead of intentional.

- You chase highs.
- You fear lows.
- You confuse chemistry with compatibility.
- You mistake "almost love" for the real thing.

But here's the truth:

If you don't reflect on your relationship choices, you will repeat them.

If you don't understand your patterns, you will relive them.

And if you don't examine what shaped you this year, the next year will look exactly the same.



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INTRODUCTION

This Relationship Annual Review is not about blame.

It's not about diagnosing your love life.

It's about seeing yourself with honesty, compassion, and maturity.

Over the past decade, I've watched single clients transform their lives by pausing long enough to notice:

- Who they became in relationships
- What they tolerated
- How their nervous system responded
- Where old wounds still shaped new choices
- And what they truly want, beyond fear, beyond habit

This workbook will walk you through 7 deceptively simple questions that hold the power to change your entire relationship trajectory.

Take your time.

Breathe.

Let this be your moment of truth.

You deserve love that doesn't cost you yourself.

And it all starts with understanding you.



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CHAPTER 1: MINDSET SHIFTS

What Belief About Love Did I Change My Mind On This Year?

The healthiest people I know aren't the ones who "have love figured out." They're the ones who stay curious about themselves.

They're willing to update their beliefs just like you update your phone, because outdated beliefs cause relationship glitches.

- Maybe you started the year believing you're only worthy when chosen.
- Or that communication ruins the "mystery."
- Or that your attachment style was a fixed identity instead of a conditioning you can rewire.

But something, an experience, a heartbreak, a therapist, a moment of courage, shifted you.

A mindset shift is not loud. It's subtle but powerful.

It's the kind of shift that quietly rearranges your standards, your energy, your choices.

Consider these possibilities:

- You realized being alone isn't a failure, it's preparation.
- You learned chemistry isn't connection.
- You discovered that asking for what you need is strength, not desperation.
- You saw that your nervous system isn't "dramatic", it's signaling unmet needs.
- You finally understood that real love requires emotional skill, not luck.



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CHAPTER 2: RELATIONSHIP ENERGY *What Created Emotional Aliveness This Year?*

Your relationship is not just shaped by your thoughts, it's shaped by your energy.

And “energy” isn’t mystical.

It’s your nervous system. Your presence. Your connection to yourself.

Aliveness is what your body feels when:

- You’re in alignment,
- You’re not hiding your truth, people-pleasing, or monitoring someone else’s reactions.

Let’s Review 2025:

- Who made you feel expansive?
- Where did you breathe easier?
- When did you feel like the truest version of yourself?

These relational energy sources might be:

- A friend who holds space and listens without fixing
- A date where you didn’t overthink every word
- A moment where you were playful, grounded, open
- A ritual, movement, therapy, or solitude that restored your emotional reserves
- A community space where you didn’t have to earn belonging

Aliveness is not accidental. It’s a clue.



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CHAPTER 3: RELATIONAL DRAIN *What Drained My Emotional Resources This Year?*

You didn't end the year exhausted because dating is hard.

You ended the year exhausted because of where you spent your emotional energy.

Most singles drain themselves not through heartbreak, but through self-abandonment:

- Staying too long in uncertainty
- Over-functioning in imbalanced dynamics
- Ignoring the small warning signs
- Accepting emotional crumbs
- Letting loneliness override intuition

Depletion is not a mystery. It's a map.

Look honestly:

- Who consistently left you confused, diminished, or depleted?
- What patterns pulled you out of alignment?
- What habits numbed rather than nourished your heart?

This is not about villainizing anyone.

It's about recognizing the relationship environments where you felt like you needed to compress your truth.



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CHAPTER 4: RELATIONSHIP ANCHORS

What Kept Me From My Fullest Relational Self This Year?

Anchors aren't always toxic people.

Often, they're invisible forces, beliefs, patterns, or unhealed narratives, silently dragging you back toward old dynamics.

Examples of anchors:

- "I'm too much."
- "No one chooses me."
- "If I want love, I have to earn it."
- "I'll end up like my parents."
- "Vulnerability gets me hurt."

Anchors can also be:

- People who feel familiar because your wounds recognize them
- Habits that soothe you but hurt you
- Patterns that protect you but isolate you

Anchors are rarely malicious. They're familiar. And familiar often masquerades as safe.



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CHAPTER 4: RELATIONSHIP ANCHORS *What Kept Me From My Fullest Relational Self This Year?*

Reflection:

What kept you small this year?
What belief about yourself kept showing up in your dating choices?
Who or what did you give authority over your self-worth?

Now imagine cutting that anchor.

Whom would you become?

Write down 2-3 anchors you're ready to release in 2026.

Awareness is the first cut, and that first cut is the deepest.



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CHAPTER 5: RELATIONSHIP FEAR *What Did I Not Do (or Say) Because of Fear This Year?*

Fear is not the enemy. It's a signal.

But most people treat it like a stop sign when it's meant to be a doorway.

Fear shows up everywhere in dating:

- Fear of being seen
- Fear of wanting too much
- Fear of wanting too little
- Fear of being rejected
- Fear of choosing wrong
- Fear of wasting time
- Fear of asking for clarity
- Fear of setting standards
- Fear of walking away

And the cost isn't danger.

- It's the unlived moments.
- It's the conversations you swallowed.
- It's the boundaries you didn't set.
- It's the opportunities you avoided.



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CHAPTER 5: RELATIONSHIP FEAR *What Did I Not Do (or Say) Because of Fear This Year?*

Reflection:

Name the actions you didn't take because fear silenced you.

Then deconstruct the fear:

- What catastrophe did I imagine?
- What possibility did I ignore?
- What deeper wound was fear protecting?

Your 2026 is not shaped by fearlessness.
It's shaped by courage.

Courage is choosing what matters, even when fear whispers no.



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CHAPTER 6: RELATIONSHIP WINS & MISSES *What Were My Relationship Greatest Hits And Hardest Misses This Year?*

Your brain has a bias.

It either romanticizes or catastrophizes your year.

Neither gives you truth.
Both distort your growth.

A balanced review requires holding both:

Your Wins

Celebrate the moments you were brave:

- When you told the truth
- When you walked away
- When you stayed open
- When you trusted your intuition
- When you recognized your worth
- When you said “no more”
- When you chose yourself

These wins reveal who you can be consistently.



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CHAPTER 6: RELATIONSHIP WINS & MISSES *What Were My Relationship Greatest Hits And Hardest Misses This Year?*

Your Misses

These aren't failures. They are data.

Moments that expose your wounds, your fears, your conditioning, your unhealed patterns.

Ask yourself:

- What was I believing about love when I made that choice?
- What was I afraid would happen if I didn't?
- What did this teach me?

Your misses don't define you. They refine you.



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CHAPTER 7: RELATIONSHIP WISDOM

What Did I Learn About Love, Myself, and Partnership This Year?

Wisdom isn't soft. It's earned.

It comes from seeing your patterns clearly, without shame.

It comes from admitting what hurt you, and what healed you.

It comes from recognizing the difference between instinct and insecurity.

It comes from allowing yourself to grow beyond your past.

Look back at your reflections.

What truths emerged?

Examples:

- "I don't need someone to complete me; I need someone who meets me."
- "I abandon myself before others abandon me."
- "My worth doesn't fluctuate based on who texts back."
- "Compatibility matters more than chemistry."
- "What I feared would break me actually built me."
- "Healing isn't a destination, it's a relationship practice."



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YOUR INTENTION FOR 2026

This workbook is a mirror, revealing who you are becoming.

You are not here to judge yourself.

You are here to finally see yourself.

You did the best you could with the patterns you had.

Now you have new awareness.

And awareness is the birthplace of transformation.

If you want help breaking the patterns that refuse to break, that's where coaching becomes powerful.

We heal faster with another nervous system beside us.

You deserve a love story that doesn't require losing yourself.

And that begins here, with you.



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BOOK OVERVIEW

The Relationship Annual Review:

Singles Edition is a transformative self-reflection workbook designed for individuals who want to understand their relationship patterns, elevate their emotional awareness, and consciously prepare for healthier love in the year ahead.

Through seven powerful questions, readers uncover outdated beliefs, emotional drains, unconscious anchors, core fears, relationship wins, and the deeper wisdom they gathered this year.

This guide acts as a mirror, revealing not what you did wrong, but who you are becoming.

Because the relationship you're longing for can't begin until you meet yourself first, and this review is where that meeting begins.



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RESOURCES & INFLUENCES

This review is grounded in attachment theory, nervous-system science, Positive Intelligence, and modern dating psychology.

It's also shaped by years of my own self-reflection, breakdowns, breakthroughs, and the real work of becoming the partner I wanted to be.

Everything inside this guide comes from what I've lived, what I've learned, and what I've walked thousands of clients through, so you can step into love with clarity you've never had before.



THE RELATIONSHIP ANNUAL REVIEW

RESOURCES & INFLUENCES

This Singles Annual Review is inspired by attachment theory, nervous-system regulation, Positive Intelligence principles, and modern dating psychology.

It also reflects insights from my years of coaching individuals through patterns of self-worth, emotional healing, and choosing love with clarity and confidence.