Think back to your first romantic partner, regardless of your physical relationship.

How old were you when you met? How old was your partner?

How did you meet?

What made you decide to become romantically involved with your partner?

What areas of your life did you have in common?

What areas of your life did you not have in common? What were these differences and how important were they to you?

Did you fight with your partner? If so, what about and how frequently?

What factor(s) led up to your breakup? For example, did you fight more frequently? Did the differences become too much? Did one of you move away, whether from parents moving or graduating high school or similar?

Did you have a cycle of break ups and reconciliations?

If so, what led to the final break?

Did you see your partner after the breakup? Many people still take classes in junior high and high school with teirr exes or see them at their job on a daily basis. If so, how frequently?

Did you remain friendly with your partner after the break? If so, in what ways did you remain friends? For example, many people in high school see former partners frequently because they are in the same clique and often go out as part of a group. Or you may have had to work with your former partner and remain civil and friendly.

What activities did you share, if any, after the break up?

How soon after your break up did you go out, romantic or otherwise? It may even have been a non-romantic date with your partner.

How soon after your break up did you go on a romantic date with someone?

Is your current partner your first long term romantic partner since the break up?