



Love & Relationship Coach

Kate Houston



What is Your Love Impulse?



Have you ever noticed you're dating the same person over and over again? It could be your Love Impulse at play. Your Love Impulse: We each have a specific one. Our type reflects patterns how we connect and relate with each other, set in childhood, and predicts how we will interact in romantic relationships. There is no right or wrong, good or bad here. Instead, use this knowledge to support you in building more secure and emotionally connected relationships.

Take this test to discover your Love Impulse type.

● *When a new relationship is starting*

A I desire connection but wonder what they want from me

B I fall fast and hard

C I go slow and am very cautious

D I go with the flow yet don't rush things

● *When there is friction in the relationship, I usually*

A Am Baffled and feel that the problem is unsolvable

B Over-focus on others, and I lose myself in the relationship

C Feel superior in not needing others, wishing others were more self-reliant

D Find it easy to apologize and repair the upset

● *In a relationship the thing I need most is*

A To feel I am safe from abuse and have control

B To be heard, understood and validated

C My own space and independence

D To feel supported and know I can count on someone

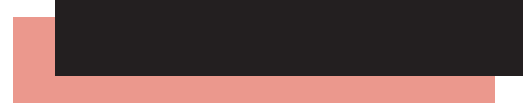
● *How comfortable are you with intimacy?*

A I want intimacy with a partner, but I tend to freeze when they get close

B I generally crave intimacy and feel anxious when I don't have it

C I often feel suffocated by my partner

D I am comfortable with the intimacy of relationships



● *When under stress I usually*

- A* Avoid people because I don't know who I can trust to help me.
- B* Reach out to friends or my partner, I need to process with others.
- C* I often need space, alone, before I talk with anyone
- D* Either spend time with others or alone. I'm flexible depending on the circumstances

● *In my relationships the thing I worry about most is*

- A* Being in a compromising position where I can be hurt verbally or physically
- B* Being hurt, rejected, cheated on or left
- C* Losing my independence and feeling trapped
- D* Being taken for granted

● *After spending a couples weekend away with my partner, I feel:*

- A* Confused because I felt a closeness to my partner but also annoyed because of their glaring bad habits
- B* Happy we spent exclusive time together but often sabotage that feeling once we've returned because of the sudden physical and emotional separation
- C* Smothered by my partner and intentionally seek out greater alone time upon return
- D* Content and connected with my partner and also excited to tend to things important to me

● *How supportive of your partner are you?*

- A* I daydream about supporting a partner but am fearful no one will support me in return.
- B* I typically focus more on my career than I do on relationships
- C* I sometimes discount my own needs for the relationship and my partner
- D* I balance my needs and the relationship's needs in healthy ways





● *What is your communication pattern with your partner?*

- A* I want to express myself with my partner, but I find intimate conversations difficult to have
- B* I pull away when hurt or feeling ignored, despite secretly wanting my partner to chase me
- C* I tend to get defensive or avoid altercations with my partner
- D* I'm direct. I don't play games and easily communicate my feelings

● *How do you respond when dating?*

- A* I don't date, it's too vulnerable
- B* I constantly check online to see if my partner is on
- C* I stay active with online dating, even if I believe a current partner wants to be exclusive
- D* I date but am not worried about finding a partner. I trust the right one will show up soon

● *Tally how many points you have for each letter*

A-----B-----
 C-----D-----



Everyone has a dominant love impulse but may exhibit certain tendencies from one or more of the other Love Impulse types depending on the relationship and style of one's partner.

Discuss with me what you discovered! Email me at kate@katehoustoncoaching.com

To schedule a Love Breakthrough call:

or book here <https://katehoustoncoaching.as.me/breakthroughsession>

Relationship Inventory

Now that you know more about your own love impulse type, take the learning further by completing this relationship inventory to discover how you might have been activated by his love impulse and how it conflicted with yours.

01. Select a past partner and relationship to focus on

02. Now that you know more about your own love impulse, what was one specific event or situation that happened between you two that created major upset and activated your love impulse fears?

03. What were your different reactions? Describe it in detail.

04. .Knowing what you know now about your Love Impulse, what realizations did you have just now?

05. What ways can you identify how his love impulse type clashed with yours?

06. How could you and he have responded differently to each other to support and nurture a more secure relationship experience?

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The Love Impulse Types

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Anxious

Often fearful about their relationships, unsure of it's stability and need constant reassurance of the relationship's security.

May Experience:

- Struggle with/doesn't like being alone/single
- Often fall into unhealthy or abusive relationships
- Constantly worrying about partners
- Agonize about trusting people
- Lashes out negatively to others about a partner as a defense
- Received inconsistent love and affection as a child

Avoidant

Are intensely and proudly independent and self-reliant.

May Experience:

- Distressed by intimacy
- Always have an exit strategy
- Feel suffocated in relationship
- Avoid commitment
- Avoid romantic partners
- Basic physical needs were met but emotional needs were not met as a child.

Anxious-Avoidant

Fears intimacy and commitment and distrusts anyone who attempts to get close to them.

May Experience:

- Lashes out like a cornered animal emotionally out of fear to those who get close
- Often in dysfunctional or abusive relationships
- Often alone and despondent
- May emotionally struggle in their life
- Experienced negligent, indifferent or abusive behavior as a child.

Secure

Comfortable showing affection and attentiveness and are also satisfied with being alone and independent.

May Experience:

- Set and maintain clear boundaries
- Comfortable being intimate with a partner as well as alone
- Make a relationship a priority in their life
- Trust those close to them and are trustworthy in return
- Experience and accept pain and rejection then let it go
- Regularly had their needs met and received abundant love and affection as a child.