THE

Love Audit

5 practices to uncover what keeps influencing who you choose, what you tolerate, and what you expect from love.



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Meet Your *Guide*

I did not grow up knowing how to choose healthy love.

From my teenage years, I kept finding myself in relationships where I felt small, judged, unappreciated, and constantly trying to prove my worth.

I tolerated disrespect. I accepted emotional instability. I was cheated on. I stayed in situations where I was devalued and emotionally mistreated, and I convinced myself that this was just how love worked.

> Every relationship followed the same emotional script. **Control. Drama. Manipulation. Feeling unseen. Feeling like I was never enough.**

I would blame the men, then blame myself, and then repeat the cycle.

Everything began to shift when I stopped looking at each relationship as an isolated experience and started looking at the pattern underneath all of them.

Studying astrology gave me another way to understand myself, while psychology, therapy, and deeper self-reflection forced me to look honestly at what I had normalized, what I was drawn to, and what I kept participating in.

For the first time, I understood that changing the man wasn't enough if I was *still repeating the same relationship.*

If I had understood those patterns earlier, I would have worked on them sooner. I would have gone to therapy faster. I would have stopped romanticizing chaos.

Awareness would have saved me years.

Today, I am in a happy, stable marriage. My husband is my biggest supporter and cheerleader. We have been together for seven years and this year we celebrated five years of marriage.

There is respect, admiration, emotional safety, and mutual support. There is no drama, no power games, no fear of being replaced. There is calm love. There is partnership.

Today, my work brings together astrology, psychology, and coaching to help women understand the relationship patterns they may not recognize while they're living inside them.

But the practices in this guide don't require astrology or a birth chart.



Dasha Guided Cosmos

They are designed to help you examine your relationships from a different angle:

- what you actually want,
- what you believe about love,
- what triggers you,
- what you've learned from the past,
- and what may be influencing your choices today.

This is where your Love Audit begins.

A TRUTH YOU *NEED TO HEAR*

Your relationships may involve different people, different circumstances, and different endings, but that doesn't necessarily mean the pattern is different.

Sometimes what repeats is obvious. You keep choosing emotionally unavailable men. You stay too long. You ignore the same red flags.

Sometimes it's much harder to recognize.

It can be what you mistake for chemistry. What you tolerate because it feels familiar. What you expect from love without realizing you expect it. The role you automatically take in a relationship. The things you say you want but struggle to receive when they're actually offered.

This is why changing the person doesn't always change the relationship.

Before you can choose differently, you need to become more aware of what you're already choosing, believing, accepting, and repeating.

The five practices in this guide are designed to help you do exactly that.

They won't tell you who to date or predict what happens next. They will give you a structured way to look at yourself, your relationship history, and the beliefs you may be carrying into love.

You can't change a pattern you haven't recognized yet.

BEFORE *YOU BEGIN*

This isn't a guide to read once and forget.

The value is in what you notice when you actually do the exercises.

Some answers may come easily. Others may make you uncomfortable, contradict what you thought you wanted, or reveal something you've been avoiding.

Don't try to give the "right" answer.

Be honest.

The point of **The Love Audit** is not to judge your past choices. It's to understand them well enough that you don't have to keep making them automatically.

Ready? Let's begin.

Not sure which one is you?

Take the free Chemistry Test first. 2 minutes.

TAKE THE CHEMISTRY TEST

01

PRACTICE 1

Describe Your *Ideal Relationship*

Most people, when asked about their ideal partner, rattle off a checklist: tall, stable, fit, well-traveled, wants kids or doesn't. That's fine. You're allowed to have preferences. But rarely do people go beyond the surface. **They don't describe how the relationship feels.**

You could meet someone who looks perfect on paper and still feel unseen. Still feel lonely. *Still feel like something is missing.*

So this flips the script.

Instead of building from the outside in (starting with them), start from the inside out, with you. A real relationship isn't just "found." It's created with the right person from the right mindset. And that begins with self-awareness.

How do you feel in this relationship?

How are you treated?

How do you move through the world with your partner beside you?

What emotions, habits, and rituals make it feel safe and natural?

EXAMPLE SENTENCES

- I feel calm and secure, free to be myself.
- I feel loved and chosen, every day.
- I'm supported emotionally and practically: I don't carry everything alone.
- I receive affection and kindness without having to ask.
- I feel safe enough to relax and soften.

Then write about your partner: their values, character, even appearance.

But feelings first. Feelings are the truth. Everything else is just packaging.

02

PRACTICE 2

Your Inner *Blueprint*

We all carry beliefs about love: what's possible, what we deserve, how relationships "work." Most of the time we don't even notice them. **But they run the show**, shaping who we choose, how we open up, and how we sometimes sabotage good love when it shows up.

This exercise helps bring those beliefs to the surface. It leaves you with one final word that sums it all up.

HOW TO DO IT

Step 1

Choose a theme word.

This is the word you'll base your associations on. It can be:

- Love
- Marriage
- Partnership
- Relationship

Pick the one that feels most emotionally charged or relevant to you right now.

Step 2

Write 16 associated words in a vertical column.

Take a blank sheet of paper and write 16 nouns, one underneath the other, that come to mind when you think of your chosen word.

Important: Use nouns only (no adjectives or verbs). These can be emotions, states, experiences, or qualities. (E.g. kindness, freedom, support, understanding)

Step 3

Combine the words into 8 pairs.

Take words 1 + 2, 3 + 4, 5 + 6, and so on, so you get 8 pairs total.

For each pair, think: what do these two words together make me think of?

Write 1 new noun for each pair that captures the essence of those two words combined.

Step 4

Combine again: 8 becomes 4.

Now take those 8 new words and pair them again (1+2, 3+4, etc.), just like before.

You'll now have 4 new words.

Step 5

Combine again: 4 becomes 2.

Same process. Pair 1+2 and 3+4 to get 2 words.

Step 6

Final round: combine the last 2 into 1.

This is your final word.

This word reflects your *subconscious truth* about love or relationships.

WHAT THAT FINAL WORD MEANS

If it's positive: this is what you deeply value in love.

If it's negative: this is where the work starts. This is the belief that's blocking the love you want. You need to work on it.

Write your final word here:

WHAT MY CLIENTS SAY

When the pattern *finally makes sense*

> *I'd describe the reading as safe, grounded and insightful. It never felt like I was being told what would happen or what I should do. Instead, it gave me space to reflect, validated a lot of what I was already feeling, and left me with greater confidence and clarity.*
>
> CLIENT REVIEW

> *I left feeling calmer, more confident, and much less overwhelmed. Instead of questioning myself, I now trust my intuition and feel more excited about moving forward.*
>
> CLIENT REVIEW

Seeing the same pattern again? *I can show you where it starts.*

The Flagship Session: Relationships

BOOK YOUR FLAGSHIP SESSION

How This Shows Up *in Real Life*



One of my clients came to me after a painful divorce. She had married young and found herself in a deeply unhealthy relationship.

Her husband struggled with addiction, was verbally abusive from early on, and over time the abuse became physical. They were living separate lives under the same roof. He was not present in family life, not participating as a partner or parent, and the relationship was filled with stress and constant arguments.

Even after the divorce, the dynamic did not fully end. The verbal abuse continued. He tried to control her emotionally and did not want her to move on.

> At the same time, she found herself in a relationship with a married man, and she noticed that it had become a disturbing pattern. **Every man who approached her turned out to be married.** She genuinely believed that there were no decent, available men left. She felt stuck in a cycle she could not explain.

When I looked at her birth chart, the patterns were clear. I identified the patterns she had been repeating and gave her specific recommendations for working with them.

I explained the type of partner that would actually suit her and described the circumstances under which she was most likely to meet him.

At that moment, she thought it was impossible. She did not believe it could happen.

Eight months later, *she messaged me.*

She had ended the relationship with the married man and started actively working on the patterns we discussed. She met the exact type of man I had described. Today, she is in a healthy, stable relationship. They live together. He is involved in her family life. She feels respected, cherished, and emotionally safe.

The cycle of abuse and unavailable men stopped once she understood her pattern and chose differently.

> *"And the wildest part? I actually met someone ... Not only did it happen through work, but he's also a foreigner (just like you mentioned) but was born here, so we speak the same language. I'm honestly shook.*
>
> ANOTHER CLIENT, AFTER HER SESSION

That's exactly what I do in The Flagship Session. I find the pattern you keep repeating, show you what keeps pulling you back into it, and tell you what to do differently.

Want me to *find yours?*

BOOK YOUR FLAGSHIP SESSION

03

PRACTICE 3

Naikan: A Quiet *Inner Audit*

Naikan means “looking inside.” It’s a Japanese practice that helps you reflect on your role in relationships, without blame or victimhood.

Choose someone important to your love story (partner, ex, parent, friend).

ASK YOURSELF

What have I received from them?

What have I given to them?

What difficulties have I caused them?

Notice: it’s not “what they did to me.”

It’s about perspective. Seeing patterns, finding clarity, maybe even gratitude or closure.

04

PRACTICE 4

Unpack the *Trigger*

This one's mine, and it works.

Think of something that triggers you in love:

- A social media "perfect couple" post
- A friend's story that stings
- A fantasy that feels impossible

EXAMPLES

- If he pays for me, I owe him.
- Women like me don't get love like that.
- All men leave.
- That kind of love doesn't exist.

Now, write down every belief that comes up around it.

The point is to uncover the beliefs running in the background. If you secretly don't believe your dream is possible, you'll block it. **You can't change a belief you haven't recognized yet.**

Want to know your pattern for sure?

Take the free Chemistry Test.

TAKE THE CHEMISTRY TEST

05

PRACTICE 5

The Tree of *Relationships*

Draw a tree.

Roots

= your past experiences (abandonment, first love, betrayal, codependency).

Trunk

= your present state (open? shut down? hopeful? confused?).

Branches

= your future desires (partnership, safety, adventure, devotion).

THEN ASK

Are my roots keeping me stuck?

Does my trunk reflect where I want to go?

Are my branches grounded or fantasy?

This gives you perspective. Update it as you grow.

REAL WORDS FROM REAL CLIENTS

“Everything you said *was spot on.*”

> *That imbalance you described is exactly what’s happening. … And the part about slipping into illusions… that’s literally me. The way you explained it was such a wake-up call.*
>
> CLIENT REVIEW

> *This was my first experience like this, and I’m one hundred percent happy I did it with you. Your reading helped me understand myself in a way I hadn’t before.*
>
> CLIENT REVIEW

> *I really appreciated how grounded your approach was. Everything was explained in a calm, practical way, and I never felt like I was being told what would happen.*
>
> CLIENT REVIEW

READ ALL CLIENT REVIEWS

Ready to see *your* whole picture?

The Flagship Session: Relationships

BOOK YOUR FLAGSHIP SESSION

CLOSING

Where You Go *From Here*

Completing **The Love Audit** may have shown you something you hadn't fully recognized before.

A belief you've been carrying. A pattern that keeps repeating. A gap between the relationship you say you want and the dynamics you've actually been choosing or accepting.

Awareness matters. But what you do with it matters more.

If you're ready to go deeper, there is one way to continue.

WANT TO UNDERSTAND YOUR RELATIONSHIP PATTERNS?

The Flagship Session: Relationships uses your birth chart, psychology, and coaching to uncover the patterns influencing who you choose, what you need in partnership, and what may be getting in the way.

Understand your individual patterns, blind spots, and what you may need to approach differently moving forward.

Private voice notes, a personal written guide and five days of follow up questions. $347.

BOOK YOUR FLAGSHIP SESSION

Questions?

WHATSAPP **TELEGRAM**