

Why do...



MY
RELATIONSHIPS
KEEP
REPEATING?

A Guided Workbook for
Understanding Relationship
Patterns Through the Rising
Sign Method™

BY EUGENIA KROK, MA
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I WANT TO BE HONEST WITH YOU FROM THE VERY FIRST PAGE.

For a long time, I kept looking. Kept choosing. Kept running. Kept wondering why the person I was so sure was right for me turned out to be exactly wrong. I was trained in psychotherapy. I had spent years studying the human psyche. And I still could not figure out why love felt like a door I kept walking through only to find the same room.

Then in 2011, I began developing what would become the Rising Sign Method™. And one day I sat down and looked at my own 7th house through this lens, and something cracked open.

Every relationship I had been pursuing or running from, every pattern I had been running, none of it was aligned to the relationship I was actually meant to have. I was choosing from desire. From conditioning. From the wound. Not from truth.

"There are 12 stories that set the tone of a life. One of them is yours. And it holds the map to every relationship you will ever have."



Based on my 15 years of research, I have discovered that there are truly only 12 stories that set the tone of a life, and within each of those 12 paths, one clear way that relationships unfold. When you learn your path, you stop chasing the relationships that were laid out for you by family, culture, or society, and you begin to align authentically with the love that was always meant for you. The love laid out by nature. By the celestial dance that was happening the very moment you arrived.

This workbook is the beginning of that conversation with you.

Eugenia

About Eugenia Krok, MA

EUGENIA KROK, MA IS THE VISIONARY BEHIND ACCESSIBLE ASTROLOGY AND THE RISING SIGN RELATIONSHIP METHOD™, A FRAMEWORK BORN NOT JUST FROM 15 YEARS OF RESEARCH, BUT FROM LIVED EXPERIENCE.

Eugenia Krok, MA holds a Master's Degree in Art Psychotherapy and Counseling, and has spent over a decade uniting three disciplines most people keep separate: neurology, psychology, and astrology. Together, they create a way of understanding yourself, your patterns, and your relationships that is both scientifically grounded and cosmically informed.



This July, Eugenia celebrates 10 years with her husband, Tareck Adeeb. A relationship that has known real depth: the highs, the lows, the moments of doubt and the moments of clarity. Tareck has been her greatest teacher. Through their journey together, she learned what it truly means to find your path in love. Not the path society tells you to want, but the one your chart has been pointing to all along.

That personal reckoning gave birth to The Rising Sign Relationship Method™. It is the method she wished she had at the beginning. Specializing in Traditional, Modern, and Psychological Astrology, Eugenia now teaches this framework so that you do not have to learn it the hard way.

WHAT IF THE WAY YOU HAVE BEEN LOOKING AT RELATIONSHIPS HAS BEEN ALL WRONG?

THE TRUTH CHANGES
EVERYTHING

Resources to Consider



Astrology Programs

In order to follow along with this information you will need to know your chart and you will need to observe your chart using the Whole Sign House System. This is the best FREE software and how to use it. Watch [HERE](#).

Whole Sign House System

The Rising Sign Method™ is based entirely on the use of the Whole Sign House System. Please watch [THIS](#) to learn more.

Where to Learn the Basics

Watch Eugenia's **Introduction to Astrology** video [HERE](#).

MAYBE YOUR RELATIONSHIPS AREN'T RANDOM?

Most people assume relationships happen by chance.

Different people.

Different circumstances.

Different stages of life.

Yet many of us experience the same themes, challenges, frustrations, and lessons over and over again.

What if those experiences aren't random?

What if they're revealing a pattern?

This workbook was designed to help you begin exploring that possibility.

Not to judge yourself.

Not to blame others.

Simply to understand.

Because understanding changes everything.



Your Relationship *Timeline*

Map your significant relationships below. Do not focus on individual people.

Focus on the patterns. What repeats? What lessons keep emerging?

Relationship Pattern *Assessment*

Complete each sentence below honestly and without editing yourself. There are no right or wrong answers. This exercise is about pattern recognition, not judgment.

I am often attracted to people who...

When conflict arises, I typically...

The people who frustrate me most
tend to...

The quality I admire most in others is...

In relationships, I often find myself
feeling...

The quality that triggers me most in others
is...

The relationship lesson I seem to keep
learning is...

The relationship I have struggled with most
in my life is...

The relationship challenge I experience
most often is...

If I am honest, the pattern I keep repeating
in relationships is...

What do you Notice?

After completing your timeline and answering the questions,
answer the following...



What themes repeated?

What surprised you?

What strengths appeared repeatedly?

What challenges appeared repeatedly?

*What types of people tend to show up the most in your most
intimate relationships?*

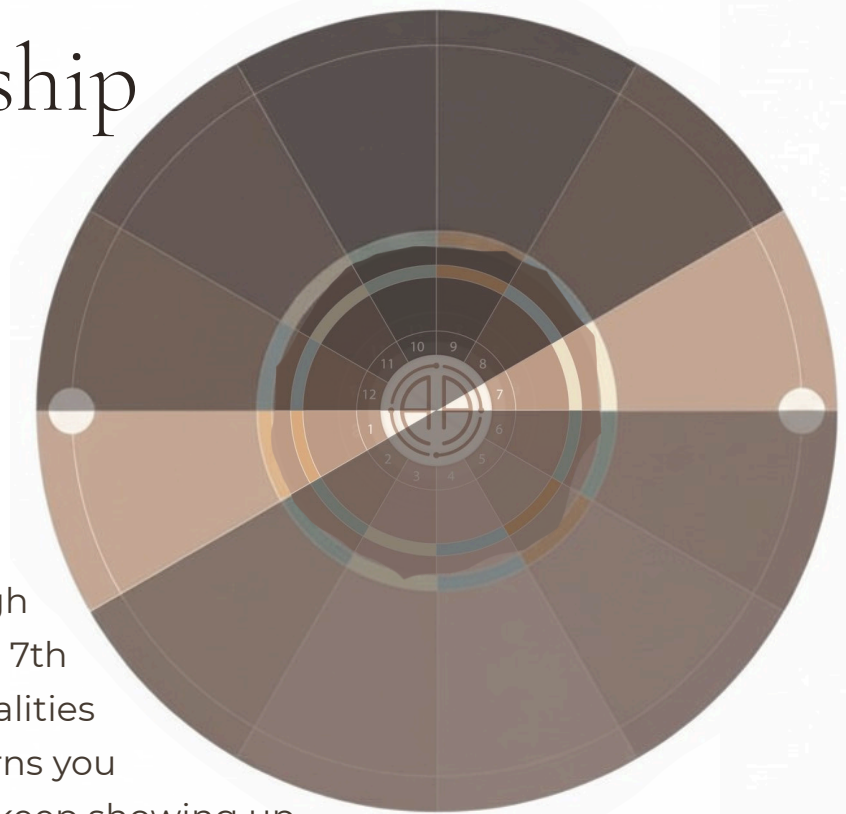
“The Rising Sign Method™ proposes that each person has a unique relationship style.

The way we connect. The qualities we seek. The lessons we learn. The patterns we repeat.

Understanding that style can transform the way we understand ourselves and everyone around us.

The Relationship *Axis*

In astrology, the 1st house and the 7th house form the most personal axis in your entire chart. The 1st house is you — your identity, your conditioning, the lens through which you see the world. The 7th house is the mirror — the qualities you seek in others, the patterns you attract, and the lessons that keep showing up in your closest relationships. These two houses are inseparable. You cannot truly understand one without the other. And when you learn to read this axis through the lens of your Rising Sign, something profound shifts. You stop wondering why the same people keep showing up in your life. You start to see that your relationships have never been random. They have always been pointing you home.





YOUR RELATIONSHIPS HAVE BEEN TRYING TO TEACH YOU SOMETHING

You are not broken.
Your relationships are *not random*.
There is a pattern.

And once a pattern is understood, new possibilities become
available.

INSIDE THE RISING SIGN RELATIONSHIP METHOD™ YOU WILL DISCOVER

- ✓ Your unique relationship style based on your Rising Sign
- ✓ The relationship styles of all 12 Rising Signs
- ✓ Why relationship patterns repeat — and how to interrupt them
- ✓ How to better understand family, friends, partners, and colleagues
- ✓ Greater self-acceptance and compassion for others
- ✓ A framework you will use for the rest of your life

New course begins July 23rd 2026.

[JOIN THE COURSE AT ACCESSIBLEASTROLOGY.COM](https://accessibleastrology.com)

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