

When You First Met

A host of positive emotions can arise from reflecting on when a couple first met and the meaningful bond they created.

Use the following prompts to reflect on those initial meetings and the positive feelings experienced.

Ask the couple (independently or together) to carry out the following steps:

Step one – Spend five minutes thinking about when you first met and first went on a date.

Visualize the following:

Where were you?

What were you doing?

What was your first date like? Where was it?

Step two – Having formed a clear picture of those first meetings, answer the following about one another:

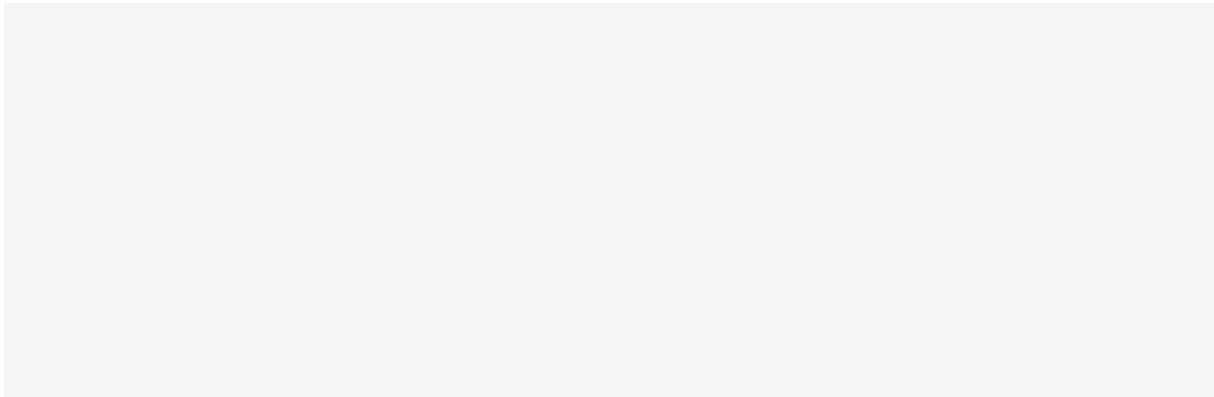
What attracted you to the other person?

What emotions and moods did you experience when you were together?

If answering the questions independently, now share your thoughts with your partner.

Step three – Now take it in turn to answer the following:

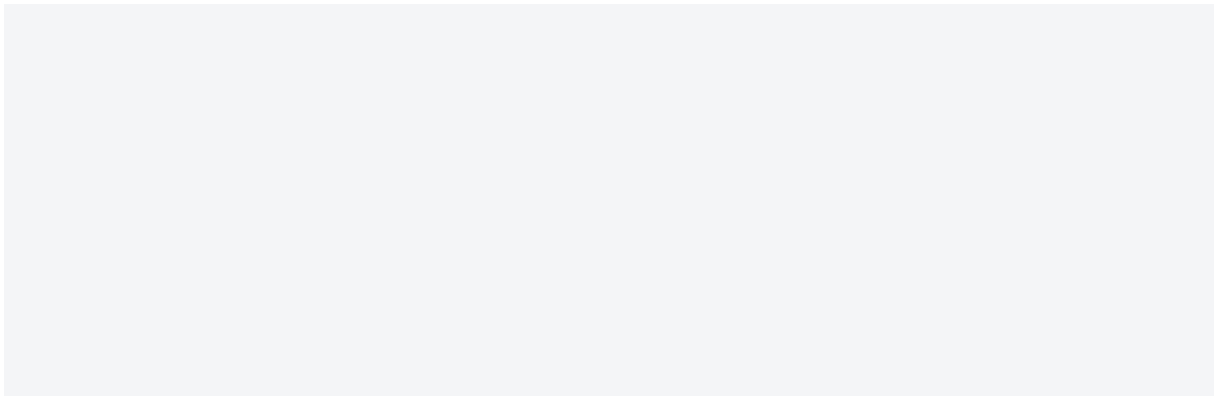
How does it feel to hear the other person describe their experiences of meeting and spending time with you?



Thank the other person for sharing their experiences and telling you how they feel.

Step four – Reflect on how each of you feels having compared your emotions and experiences.

What positive emotions are you experiencing as a result of the activity?



Dr. Jeremy Sutton