

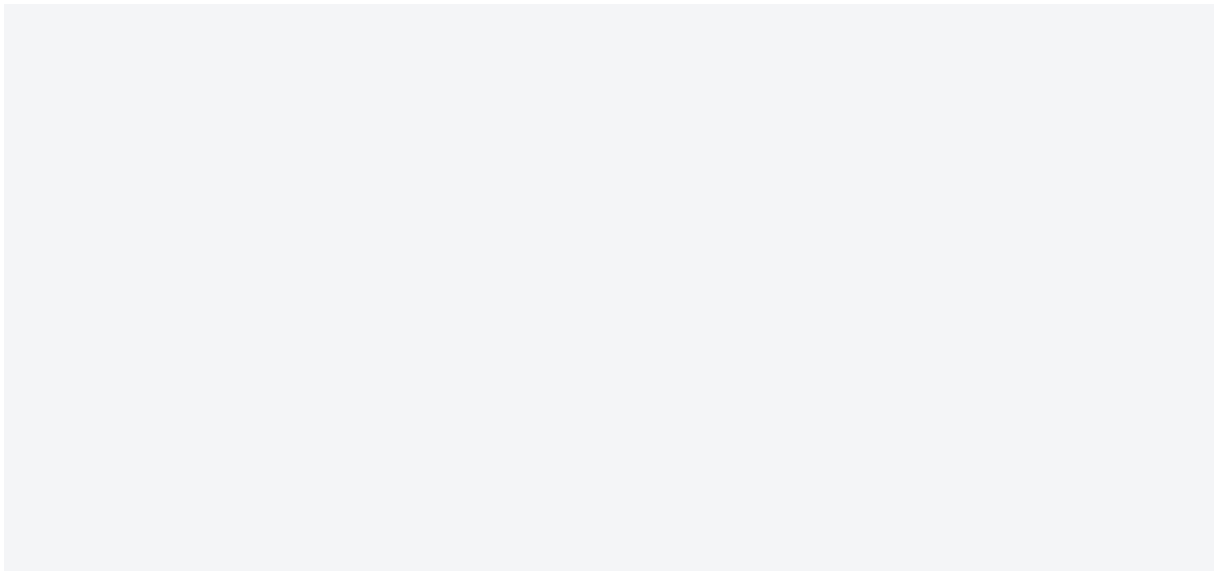
Remembering Our First Times

When we reflect on what is happening in our lives, familiarity with events may cloud our feelings.

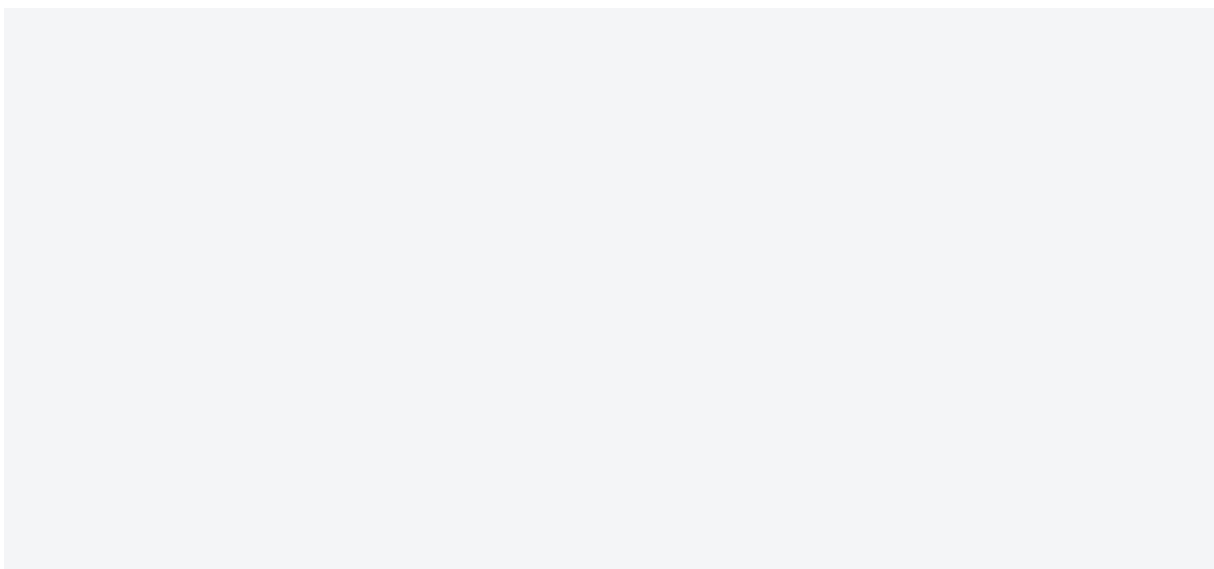
The following prompts encourage reflection on how something felt the first time it happened and its impact.

Recall the first time a particular type of event happened (for example, a break-up, an argument, a loss, a success, etc.):

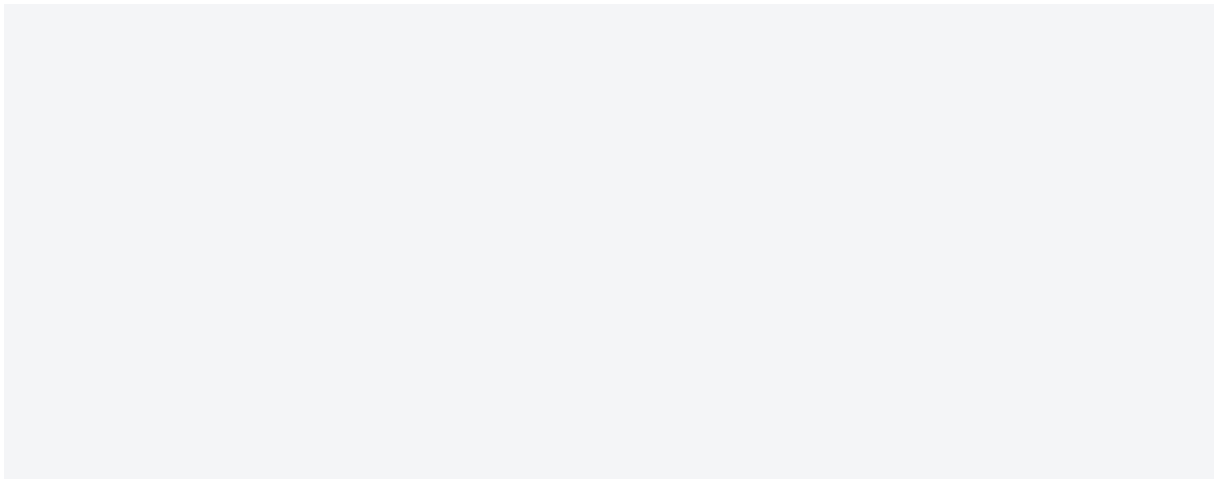
Describe what happened:



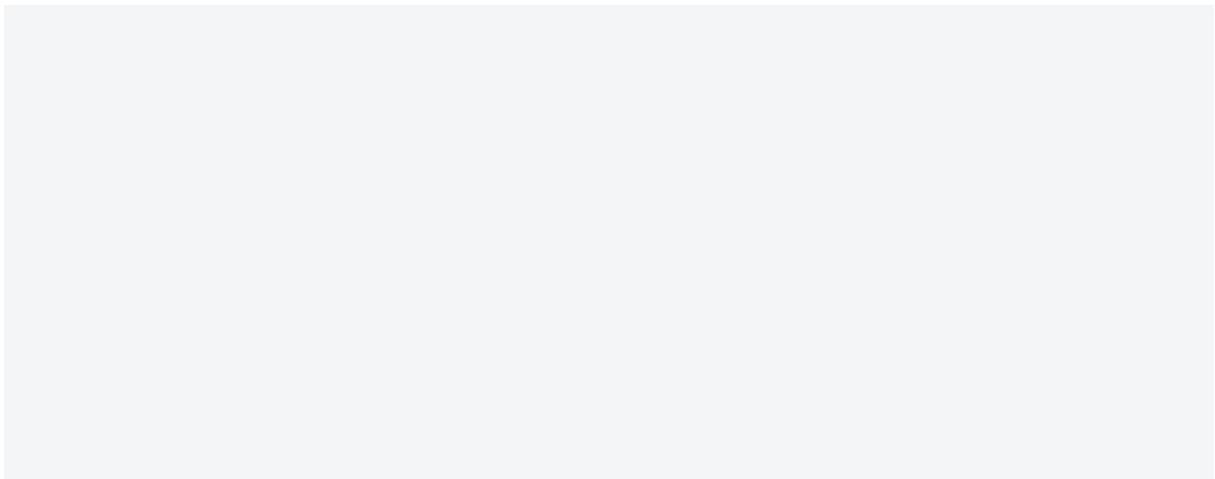
What were you thinking and feeling before it happened?



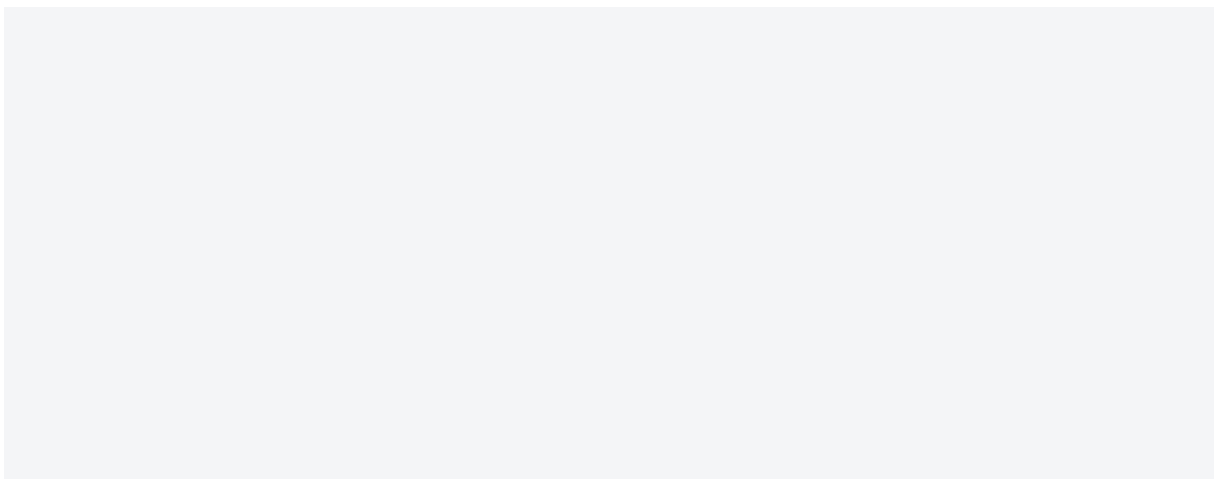
What were you thinking and feeling at the time?



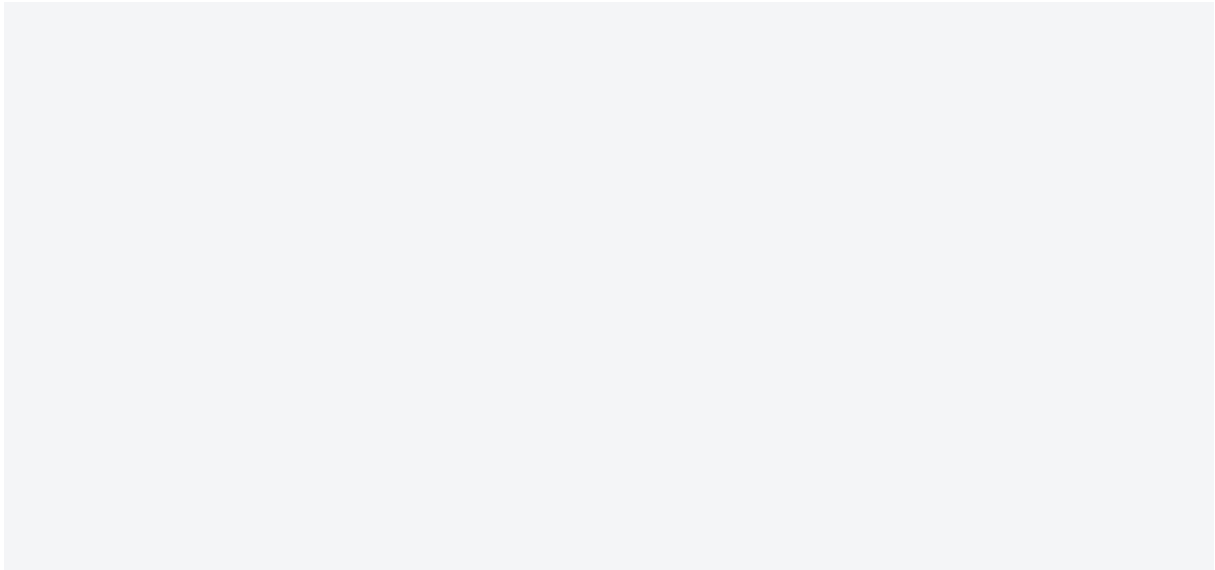
What were you thinking and feeling after it happened?



What did you expect to happen?



What made it so memorable?



Dr. Jeremy Sutton