HEALING THROUGH RELATIONSHIPS EARLY MEMORIES EXERCISE

My three earliest memories of conflict and how I viewed them as they were happening:

1.________________________________________________________________________________________
   Life is____________________________________________________________________________________
   I am _____________________________________________________________________________________
   I feel ____________________________________________________________________________________
   People are _______________________________________________________________________________
   Relationships are ________________________________________________________________________
   I must ___________________________________________________________________________________
   I need ___________________________________________________________________________________
   I want ___________________________________________________________________________________
   I want to punish ______ by_________________________, myself by_____________________________

2.________________________________________________________________________________________
   Life is____________________________________________________________________________________
   I am _____________________________________________________________________________________
   I feel ____________________________________________________________________________________
   People are _______________________________________________________________________________
   Relationships are ________________________________________________________________________
   I must ___________________________________________________________________________________
   I need ___________________________________________________________________________________
   I want ___________________________________________________________________________________
   I want to punish ______ by_________________________, myself by_____________________________

3.________________________________________________________________________________________
   Life is____________________________________________________________________________________
   I am _____________________________________________________________________________________
   I feel ____________________________________________________________________________________
   People are _______________________________________________________________________________
   Relationships are ________________________________________________________________________
   I must ___________________________________________________________________________________
   I need ___________________________________________________________________________________
   I want ___________________________________________________________________________________
   I want to punish ______ by_________________________, myself by_____________________________