

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 _____

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