

Recalling Positive Experiences



Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.

Objective: Clients will list and share several positive experiences with one another and identify what they learned about their partner from shared experiences.

Audience: This tool can be used with clients at various stages in their relationships. It can help couples in both new and long-term relationships communicate about their positive experiences before and during their relationship in order to get to know each other better.

Estimated Time: 15-30 minutes

Educator Instructions: Before reading the instructions on the tool, start with the discussion starter below or something similar. Make two (2) copies of the handout so each partner has one to complete. The tool could be left with clients to be completed before your next visit. If you take time during the visit, give clients time to fill in their answers, then ask each partner to briefly discuss their experiences. Take a moment to talk about what they learned from each other's responses.

Discussion Starter: Think about experiences you had as a child and/or adult before you met your partner. These experiences help shape who you are and how you interact with others. You will also grow as a couple when you think about some of your favorite shared experiences, such as sporting events or concerts you attended, vacations you have experienced, and holidays and special occasions you have shared. I have a worksheet that may help you think about some of the most important, positive experiences you have had as a child, an adult, and as a couple. Sharing these experiences with one another not only boosts communication, but also allows your partner to learn more about experiences you feel are positive and important.

Follow-up: During your next visit, ask what each individual has learned about his or her partner from sharing their positive experiences. Inquire about any new experiences they have had together since your last visit and how that experience made them feel about their relationship.



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Think about the experiences you had as a child and as an adult before you met your partner. These experiences helped shape who you are and how you interact with each other. The experiences you and your partner have shared together also define who you are as a couple.

Talking about positive experiences is a great way to communicate and connect with your partner. It helps you share special moments and increases positive feelings for each other. Talking about positive experiences also helps you remember them longer and it brings back the happy feelings you had when you first had the experience.

In the space below, name some of your most memorable, positive experiences that have helped shape you as a person. Also, what positive experiences have helped your relationship? Why were those particular experiences important? Take time to share your answers with your partner.

Example: When I was a child, my mom would take my brother and I out to eat every Friday. This experience was important to me because it was our special time to spend as a family.

My Positive Experiences:	This was important to me because:
During Childhood:	
As an Adult (Before meeting my partner):	
With My Partner:	

What I learned about my partner:

How did sharing these experiences help you get to know your partner better?

Sharing positive experiences can lead to positive feelings, greater understanding, and stronger relationships.