

# Winning Your Relationship Game

## Activating Events Worksheet



Think back to a situation where you had a strong emotional reaction. Write a sentence or two that will remind you of what happened. We'll use this later.

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_