

Give It One More Chance

Exercise Q: Your Love Story

Week 7

Find a quiet hour for you and your partner. No interruptions.

1. Tell each other the story of how you met and fell in love.
2. How do your versions differ?
3. What attracted you to the other?
4. When did you first know that he/she was “the one?”
5. What fantasies did you have in your head about your life together? Focus on the positive, not the disappointment since then.

Make room for both story versions and all feelings.