

A Trip Down Memory Lane

Couples that find themselves facing challenges or in crisis, often have forgotten where they came from, what things were like when they first met or during the early years. When you take the time to remember what mattered then, what was truly important to you, it helps you to refocus on what you want now and where you want the relationship to go.

We met in _____ at _____.

When I first saw him/her, I remember thinking

I was attracted to his/her

On our first date we

He/she was the kind of person who

I always felt _____ when we were together.

I knew he/she was “The One” when

On our wedding day, I remember thinking

One word to describe our early years

My favorite memory of the two of us is

If I could recapture one time in our marriage it would be when:

*Let your fountain be blessed,
And rejoice with the wife of your youth.
Proverbs 5:18*