

FOUR “FIRSTS” HANDOUTS

Complete these four handouts one at a time.

Then go back and note what expectations and patterns you see in yourself and how you can benefit from changing your expectations so that you can *Love and Be Loved Intimately*.

FIRST EXPERIENCES

1. **Describe your first love:** how old you were, how you met, what attracted you to this person, how long it lasted, what you learned about yourself, what the challenges were, how the relationship ended, who ended it and how this first love has affected who you are and how you view loving relationships today.
2. **Describe your first sexual experience:** how old you were, how you met, what kind of relationship it was, who initiated the sexuality, how you felt physically, how you felt emotionally, how long the relationship lasted, how it ended, who ended it and how this first sexual experience has affected how you view sexuality today, what you expect from sex and how you are as a sexual partner.
3. **Describe a significant experience with relationship loss:** with whom, the relationship, its meaning for you, how you allowed the loss to affect you, how you coped with the loss, what difference it has made in who you are today and how you approach relationships and possible loss.
4. **Describe a significant experience with fear:** with whom, what the events were leading up to the fear, how you coped, how you view the experience today, how the experience has changed you and how you approach similar fears today.

What I want:

1. **Describe what you want a loving relationship to be like:** what would you feel in it, how would you view your partner, how would you view yourself, what would you learn about yourself, what would you learn about the other?
2. **Describe what you want your sexual experience with your partner to be like:** what would you experience, how would you respond physically, how would you respond emotionally, how would you express your needs, how would your partner respond to your requests?
3. **Describe how you want to respond to loss:** what would you like to do to soothe and comfort yourself, what you like to believe about the loss for yourself and about the meaning of the loss for the other person?
4. **Describe how you would like to respond to your own fear:** what you would do with the feelings, believe about the fear, believe about yourself, how would you soothe yourself?

How I would have to change myself to get what I desire.

- 1. Describe what you would have to change about yourself in order to become the kind of loving partner you have previously described include in this the changes you would have to make in order to allow yourself to be loved like you have described and the changes required to allow yourself to love another like this. Then, if you made these changes what would that mean about how you see yourself?**
- 2. Describe what you would have to change about yourself in order to become the kind of sexual partner and sexual being you have previously described. What would be required for you to become this responsive, to share what you want, to receive what is given and to be at ease with the pleasure and connection? If you made these changes what would that mean about how you see yourself?**
- 3. What would you have to change about yourself in order to experience loss in the different way you have described? What would you have to change about how you view loss, how you view yourself and your capabilities? If you made these changes what would that mean about how you see yourself?**
- 4. What would you have to change about yourself in order to respond to fear in the way you described previously? What would you have to change about how you view yourself, how you view what you fear? If you made these changes what would that mean about how you see yourself?**

What happens if I get what I want:

- 1. What do you think would be the benefits of being the kind of loving, sexual , unafraid and connected person you have described?**
- 2. What would be the risks of becoming that person?**
- 3. What could you do if the risks became real?**
- 4. If you get what you want how might that benefit your family of origin, your friendships and yourself in the world?**