



# LOVE AT FIRST SIGHT

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## A RELATIONSHIP SKILLS DISCUSSION GUIDE

**Attraction may spark connection, but healthy relationships are built through intentional decisions, communication, and emotional growth.**

### FILM OVERVIEW

Love at First Sight follows Hadley and Oliver, two strangers who meet on a flight to London and form an unexpected connection through honest conversation and emotional openness. After landing, they are separated and must decide whether to let fate take over or intentionally pursue connection. Along the way, both confront family wounds, personal fears, and the courage required to build something meaningful.



**THIS GUIDE DRAWS FROM LOVE NOTES SRA 4.1**

LESSONS 2, 4, 5, 8, 9

# RELATIONSHIP SKILLS IN ACTION

Use these clips and questions to guide discussion around core relationship skills taught in Love Notes.



## 1 Attraction & First Impressions

**Lesson 4:** Attractions and Starting Relationships  
Scene: 05:40-07:00

- What initially draws them together?
- Is it chemistry or compatibility?
- What information should be gathered first?

## 4 Knowing Yourself & Examining Family Origin

**Lesson 2:** Knowing Yourself  
Scene A : 21:00-22:05 (Hadley)  
Scene B: 51:20-53:00 (Oliver)

- How do family experiences shape our relationships?
- Why is self-awareness important to healthy love?
- What growth do you see from Hadley and Oliver?

## 2 Curiosity, Pacing & Emotional Intimacy

**Lesson 4:** Attractions and Starting Relationships  
Scene: 13:00-14:05

- How does pacing influence relationship success?
- Why is information gathering protective?
- How does emotional intimacy differ from physical attraction?

## 5 Decide, Don't Slide!

**Lesson 8:** Decide, Don't Slide!  
Pathways & Sequences Towards Success  
Scene: 38:56-40:28

- Was Hadley's decision sliding or deciding?
- What makes her decision intentional and not impulsive?
- How is taking healthy risks different from chasing fantasy?

## 3 Communication That Builds Safety

**Lesson 9:** Communication and Healthy Relationships  
Scene: 23:48-25:35

- What specific listening behaviors create emotional safety?
- How do empathy and validation deepen connection?
- What might have happened if one of them had remained guarded?

## 6 Love: Fate or Choice?

**Lesson 5:** Principles of Smart Relationships  
Scene: 01:22:00- 01:23:40

- Is love something that "just happens," or something you build?
- What shows their relationship moved beyond infatuation?
- How can destiny and decision coexist?