

Universals – Steve’s Examples

Here is an extensive list of universals to check with your own attempt:

Learning to walk for the first time.	Having a bad experience.	Being in an unfamiliar situation.	Looking at someone and comparing what they have to yours.
Forming an impression about someone that turned out to be false.	Being surprised.	Eating food.	Looking back at old photographs of yourself.
Woken up with a horrendous hang over.	Shopping for Christmas presents.	Having foods that you like.	Spending Christmas with the family.
Strongly disagreeing with someone.	Waking up to the alarm clock.	Having foods that you don't like.	Meeting your partner's family for the first time.
Drunk more than we should have.	Listening to music.	The first time you had a drink of alcohol.	Lying in bed at night trying to get to sleep.
Daydreaming.	Going to school.	The weather.	Being stuck in a traffic jam.
Your first kiss.	Feeling stressed.	Experiencing good weather.	Watching a movie that you know is crap, but you keep watching.
When you learnt to ride your bike.	Feeling frustrated.	Experiencing bad weather.	Getting an uneasy feeling but not immediately sure why.
When you learnt to swim.	Having a bad feeling	Being caught out in the rain.	Trying a new activity/hobby.
When you first discovered the opposite sex or at least attraction.	Falling asleep at night.	Enjoying the feeling of the sun's rays against your skin.	Being lost in the moment of an activity.
Going for a shower.	Watching a movie.	Going out for dinner.	Hearing a song you love on the radio.
Taking a bath.	Watching a movie you enjoy.	Sharing experiences with friends.	Becoming curious and needing to get closure.
Walking; doing something unconsciously.	Watching a movie you don't enjoy.	Having to spend time with someone you dislike.	Waiting in queue.
Driving a car.	Being disappointed.	Stroking a dog.	Losing track of time.
Taking a train; going on a journey; going towards a destination.	Going on a first date.	Stroking a cat.	Being in a hurry/rush.
Going on holiday.	Getting a call from a PPI company - specific to the UK.	Swimming.	Being late for something.
Brushing your teeth.	Playing as a child.	Getting 'that' look from a loved one.	Being too late.
Having a good experience.	Going through adolescence - only if they have been through adolescence.	Having a book on your shelf that you haven't read.	