



Healing Marital Hurts Worksheet # 1

Think about all the ways in which you have hurt your spouse and your marriage. Think back to your dating days, engagement, and early marriage. Allow God to show you any behaviors that were selfish, critical, insensitive, disrespectful, verbally abusive, unsupportive, ungrateful, unfaithful, rejecting, or unforgiving. Be sure to consider any specific hurtful events, fights, arguments, or "scenes" that may need confession.

Begin this confession list here as you note the ways you have hurt your spouse and your marriage:

I have hurt my spouse and our marriage by (For instance: I pressured her sexually before marriage; I belittled him in front of the children; I lied about the money I spent; I went out with my friends instead of helping out at home; I used sex to get my own way; I threaten divorce when we are in a fight.)

Once you've made your list, go back over it and confess each item to God. Keep in mind that true confession names the deed and admits it was wrong, period! Resist the urge to rationalize your own behavior, and especially be careful not to start blaming your spouse for your deeds – or misdeeds! Before making your confession note the examples below:

Rationalizing/Blaming:

I know I made fun of Donna the other night at the party, but I wouldn't have done it if she hadn't made such a big deal about me burning the steaks.

True Confession:

I hurt Donna the other night when I made fun of her at the dinner party. It was wrong of me to be so insensitive and rejecting.

Rationalizing/Blaming:

I know Andy gets discouraged about his job and about not getting the promotion. I wouldn't harp about it if we had something to show for all those late nights he's spent at the office.

True Confession:

I hurt Andy each time I bring up the fact that he didn't get the promotion we were counting on. It's wrong for me to be unsupportive of him.

"Intimate Encounters" Ferguson and Thurman