



## Healing Marital Hurts Worksheet #2

Identify the ways in which you and your marriage have been hurt by your spouse. You will want to be sure to list these hurts with "feeling" statements. Include behaviors that would be considered selfish, critical, disrespectful, verbally abusive, unsupportive, ungrateful, unfaithful, rejecting, and unforgiving. Be sure to include both past and current hurts.

Before making your list of hurts, note these examples of specifying the hurt feeling and what caused it:

- "I felt hurt and rejected when you pulled away from me the other night in bed."
- "I felt unsupported and unappreciated when you didn't notice the hard work put into decorating the house for the holidays."
- "I haven't gotten over the fact that you lied to me on the night of our first date."
- "I felt rejected when you went out with the guys the first night we got back from our honeymoon."

Now, following the examples above, list here the ways you and your marriage have been hurt by your spouse:

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Scripture Journaling --- Ephesians 4:31-32

*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as Christ God forgave you. (NIV)*

**Spend some time reflecting on what it means to "get rid of" your bitterness and anger. What would you like to tell God at this time?**

I would like to tell God (For instance: *Forgiving is easier said than done; that I need supernatural help from Him to help me forgive; that I need to remember forgiving is an act of the will and not just a change in my feelings.*) \_\_\_\_\_

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"Intimate Encounters" Ferguson and Thurman