

IDENTIFYING HURTS OR SINS THAT HAVE HARMED YOUR MARRIAGE

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Disagreement does not hurt a marriage, but bitterness, hostility, resentments and grudges may create a hurting, broken relationship. Michele Weiner-Davis stated:

Don't pretend that you are putting effort into your marriage when you have a mental ledger book detailing your spouse's every wrong doing. As long as you are holding on to resentments of the past, you can't be forgiving. As long as you are not forgiving, you can't be loving. As long as you aren't loving, you can't do what it takes to make your marriage work. So decide. Are you going to carry a grudge and stand by while you and your spouse become a divorce statistic or are you going to rid yourself of the shackles of the past which have held you prisoner? Forgive your spouse and start anew. (Michele Weiner-Davis, Divorce Busting, New York: Summit Books, 1992, page 232)

Your marriage may not be as troubled as the one described by Weiner-Davis but this exercise can enhance your relationship. The objective of this marital enrichment activity is to heal resentments from the past. This enrichment activity may be difficult but it is essential for a healthier, more rewarding marital relationship.

Personal Responsibility for Wrongful Words and/or Actions

Although difficult, it is essential for you to recognize your wrongs, shortcomings or sins in the marriage. Please complete the sentences below by listing **five ways** that you intentionally or unintentionally hurt your spouse.

1. I am sorry that I hurt you by:
Will you **please** forgive me?
2. I am sorry that I hurt you by:
Will you **please** forgive me?
3. I am sorry that I hurt you by:
Will you **please** forgive me?
4. I am sorry that I hurt you by:
Will you **please** forgive me?
5. I am sorry that I hurt you by:
Will you **please** forgive me?

Identifying Specific Hurts Created By Your Spouse's Words and/or Actions
Please list **at least seven ways** that you were either intentionally or unintentionally hurt.

1. I feel hurt because:
2. I feel disappointed when:
3. I feel hurt because:
4. I feel disappointed when:
5. I feel hurt because:
6. I feel hurt because:
7. I feel hurt because:
8. I feel hurt because:
9. I feel hurt because:
10. I feel hurt because:
11. I feel hurt because:
12. I feel hurt because:
13. I feel hurt because:
14. I feel hurt because: