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Exploring Our Hurts

What injuries (small or large) in our relationship call for repair? There may be many incidents that could be brought to mind. The one I choose to work on today is:

When I feel hurt...

What exactly caused me to hurt? (state clearly what the event meant for you)

Are there any aspects of that hurtful event that still cause me to feel hurt? What other emotions are involved for me? (anger, sadness, fear, etc.)

What can I forgive? What can't I forgive? What do I need from my partner at this point? What would help me let go of the hurt?

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Has my partner apologized or acknowledged his/her part in my hurt? (Do they know I was hurt?) What might be the potential barriers or obstacles to my partner's apology/acknowledgement in relation to the above incident(s)? Might my reactions be keeping alive the conflict and distress between us?

What do I see as potential barriers or obstacles to letting go of my hurt and forgiving in relation to the above event(s)?

Kallos-Lilly, V., & Fitzgerald, J. (2021). *Emotionally focused workbook for couples: The two of Us*. ROUTLEDGE.