

How to Connect with your Partner?

Episode 4: Get it all out

Agenda

1. Taking responsibility for your hurt
2. Healing your hurt

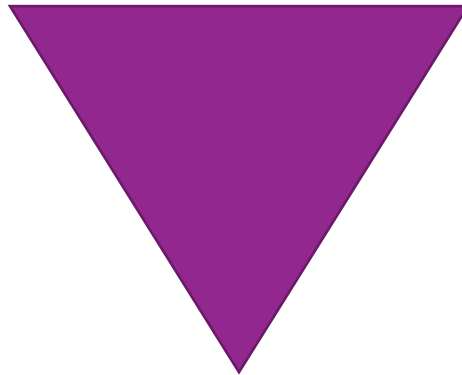
Write in the 1st column a list of all the things you blame your partner for: Thing that your partner has hurt you or any resentment you feel for them.

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Taking Full Responsibility

IN A SITUATION WE CAN.....

Justify



Lay blame

TAKE RESPONSIBILITY

Empower yourself through CHOICE





Healing the Hurt

How to handle the hurt you are feeling

1. Define it.
2. Speak about it (preferably to you partner). It's not a bad thing to seek counsel from family or friends but remember that it's you living in the relationship and you love the other person. They might take longer to forgive them.
3. Remember that you can only take responsibility for your own actions.
4. Make the choice to forgive - Don't be the victim

How to handle the hurt that you have caused:

1. Let them speak. Their reality is not yours and you don't need to agree, just understand.
2. Answer their questions. Even if they ask the same question again and again. Be mindful that this is the process of healing from hurt.
3. Be sure not to lie.
4. Say you are sorry because you mean it. Don't blame, don't judge, be responsible.
5. Apologise and forgive. Say you are sorry and mean it.
6. Ask for forgiveness.

Forgiveness is for our own growth and happiness. When we hold on to hurt, pain, resentment, and anger it harms us far more than it harms the offender. **Forgiveness** frees us to live in the present. ... **Forgiveness** allows us to move on without anger or contempt or seeking revenge.

To **apologise** is to express regret for something that one has done wrong.

Exercise 2: Go back to your list of things you need to talk about and ask yourself the question.

Do I feel hurt by this? Or is this something I just get annoyed about? If it's hurt put a tick if not leave it blank. They need to know so I can start healing or I can take responsibility for this.

Step 1: Forgive yourself

Step 2: Willingness and choice

Remember the hurt steps

Note:

If you find yourself or partner complaining about everything, my suggestion is to have a rule that if they don't like the way you are doing it then they must do it themselves.

ACTION STEPS

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