

MODULE 8 — HEALING THE HISTORY

What Hurt You Is Still Between You

“Bear with each other and forgive one another if any of you has a grievance. Forgive as the Lord forgave you.” — Colossians 3:13

“Unresolved hurt does not stay contained — it leaks into every area of the marriage, including and especially physical intimacy.”

“Repair does not have to be perfect to be effective — a sincere, specific acknowledgment of a wound is often enough to begin the thaw.”

STEP 1 — SELF-ASSESSMENT (1-10 RATING + YOUR REFLECTION)

On a scale of 1-10, how much unresolved hurt am I carrying from this marriage — wounds that have never been fully acknowledged or addressed?

1	2	3	4	5	6	7	8	9	10
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STEP 2 — BOTH VOICES (WRITE YOURS, THEN HEAR YOUR SPOUSE'S)

MY PERSPECTIVE

SPOUSE'S PERSPECTIVE

Is there something I did — or failed to do — that hurt you and was never truly addressed? What would acknowledgment look like to you? What do you most need from me?

STEP 3 — ACTION COMMITMENT (WHAT I WILL DO THIS WEEK)

One specific wound I know exists between us that I will acknowledge this week — without defense, without minimizing, just naming what it cost:

STEP 4 — DEEPER REFLECTION

What wound am I carrying that my spouse doesn't know still affects me? What hurt have I caused that I've never truly addressed? What is the silence costing our connection?

ALIGNMENT CHECK — AFTER THE MODULE

The wound between us that most needs acknowledgment is _____ and the repair we will offer each other is _____.

Signed:

Signed:

Date: _____