Hurt Caused by a Loved One

Directions: *Partner A will first share his/her response to PART I below. Then Partner B will complete PART I and share his/her responses.*

Tell your partner of a time when you felt hurt by a family member or friend and how this wound damaged the relationship. *(Be specific about the hurt that was sustained and how this hurt damaged the relationship)*

Share with your partner.

Together create the type of conversation or apology that you would help repair the relationship.

If this person were to heal this wound fully, apologize and create a new connection they would say the following to me:

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