

I hurt you. Did it heal?

Partner A will first complete his/her responses below and share with Partner B. Then Partner B will complete his/her responses and share with Partner A.

How hard is it for you to apologize or acknowledge you hurt someone?

(0= not hard, 10= very hard)

0 1 2 3 4 5 6 7 8 9 10

What makes this difficult for you?

Select a time or incident in the relationship where you believe you hurt your partner & share honestly how you tried to cope with this awareness & repair to damage to the closeness in the relationship.

Ask your partner if you were successful in healing this wound? YES NO

Ask your partner, what response would allow him/her to begin to let go of the hurt around this incident. *(write his/her comments below)*
