

# Sharing the Hurt

*Take turns to share a significant hurt (Choose 1). Be specific and clear about how the hurt feels. First Partner A will complete and share PART III. Then Partner B will complete PART IV and help heal your partner's hurt. Next switch roles and Partner B will share PART III while Partner A will help heal the hurt.*

**Describe a specific time when you were hurt by the other person in a way that impacted your ability to feel safe and trusting in the relationship** *(make sure to share and get in touch with your deeper feelings and needs).*

**What happened was...***(state facts of what was said or done)*

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**I felt...***(share emotions and body sensations)*

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**What I needed from you at that time was** *(refer to top 3 needs from needs checklist)...*

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**What I need from you in the future is...**

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