

# Healing the Hurts Moving Forward

*Partner A will share what was helpful in the healing process today & will make a request for when similar sensitivities & hurts come up in the future. Partner B will then respond to that request and share how they hope to respond to that situation in the future. Then Partner A and B will switch roles and repeat the exercise.*

## Sharing and Request

**What helped me heal today was when you...**

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**What I need from you now moving forward to lessen the hurt is...**

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## Response to the Request

**Reflecting on the hurt that I caused you, how I would respond to that is I would...**

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