

Ways My Spouse Has Wounded Me

Name: _____ Date: _____ Page: _____

List the ways in which your spouse has wounded you, and the emotional pain they caused you.

Describe Each Way Your Spouse Wounded You <i>(List events)</i>	Describe the emotional pain they caused you <i>(List 5 to 8 Emotional pain words)</i>
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"I was wrong in _____ *(Specific Wound to be Forgiven)* _____, causing you to feel _____ *(The Emotional Pain My Actions Caused)* _____. I am deeply sorry for the way I wounded you. Would you choose to forgive me?

