

Healing

EMOTIONAL INJURIES



Pray for Compassion

*Lord God, lover of my soul,
You yearn for me to be whole
and free to love without limit.
Give me the grace of compassion;
compassion for myself in my pain,
and compassion for the person
who has hurt me.
Give me insight, so I might better
understand the emotional wounds in this
person that drove them to injure me so.*

We ask this through Jesus,

Amen.

NB: If both of you have an injury for healing, deal with one at a time. If the injury is with each other, see session 4 for the Couple Reconciliation activity.



Identify THE INJURY

Who outside of our relationship has injured me in any way?

Reflect

PART 1: GRATITUDE

Identify at least one positive quality in the offender or one enriching benefit that has resulted from your injury. Even in the most dreadful of injuries, there is always some good that comes from it. For example, a rape may result in a child that brings you unexpected joy. A childhood sickness introduces you to a network of loving families suffering the same disease. A traumatic move to another country results in meeting your fiancé years later.

One positive thing that has resulted from my injury is...

PART 2: STRONGEST EMOTIONS (L.I.F.E.)

List: What were you feeling at the time? What does it feel like now? (tick all that apply)

- | | | |
|--|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> isolated | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> heartbroken | <input type="checkbox"/> angry | <input type="checkbox"/> belittled |
| <input type="checkbox"/> depressed | <input type="checkbox"/> controlled | <input type="checkbox"/> ashamed |
| <input type="checkbox"/> abandoned | <input type="checkbox"/> restricted | <input type="checkbox"/> confused |
| <input type="checkbox"/> defeated | <input type="checkbox"/> furious | <input type="checkbox"/> burdened |
| <input type="checkbox"/> hopeless | <input type="checkbox"/> irritated | <input type="checkbox"/> disempowered |
| <input type="checkbox"/> hurt | <input type="checkbox"/> annoyed | <input type="checkbox"/> inadequate |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> frustrated | <input type="checkbox"/> panicky |
| <input type="checkbox"/> unworthy | <input type="checkbox"/> repulsed | <input type="checkbox"/> rejected |
| <input type="checkbox"/> insignificant | <input type="checkbox"/> desperate | <input type="checkbox"/> unworthy |
| <input type="checkbox"/> unappreciated | <input type="checkbox"/> jealous | <input type="checkbox"/> insecure |
| <input type="checkbox"/> helpless | <input type="checkbox"/> envious | <input type="checkbox"/> others |
| <input type="checkbox"/> inadequate | <input type="checkbox"/> resentful | <input type="checkbox"/> |
| <input type="checkbox"/> invisible | <input type="checkbox"/> suspicious | <input type="checkbox"/> |
| <input type="checkbox"/> lonely | <input type="checkbox"/> trivialised | |
| <input type="checkbox"/> excluded | <input type="checkbox"/> neglected | I feel/felt ... |
| <input type="checkbox"/> empty | <input type="checkbox"/> afraid | (identify the |
| <input type="checkbox"/> alienated | <input type="checkbox"/> anxious | strongest one or |
| <input type="checkbox"/> tired | <input type="checkbox"/> guilty | two emotions) |
| <input type="checkbox"/> apathetic | <input type="checkbox"/> overwhelmed | |

when ... (name the incident)

Embellish with Intensity, Images and Impact (physical sensations, perception, reaction)





I FORGIVE YOU

Example:

I forgive you Sam.....
I forgive you Sam.....

RESPONSE

but you don't deserve it.....
but I don't trust you.....

3



Watch: FORGIVENESS FILM

Watch the forgiveness film available in the member hub.

www.SmartLoving.org/Engaged/Member/



Connect: WITH YOUR FIANCÉ/ PRAYER PARTNER

Create a prayerful atmosphere with candles, soft music, a holy picture or crucifix. Or do these next steps in a place where you feel God's presence, like a church, a park, the beach etc.

1. **Unclutter**, make physical contact, give your full attention to each other.
2. **Emotional Communion**. Spend a moment in prayer (use the Compassion Prayer on page 56). Read your reflection. The Listening fiancé should validate and paraphrase the experience until there is a clear understanding of your emotions and a sense of unity in your pain.



Write: FORGIVE

Using the space to the right, in the first column, write: "[Name of offender], I forgive you". Opposite write whatever objection comes into your mind in a stream of consciousness. Do this again and again until all your objections are on the page and you can write "I forgive you" without protesting against it. Don't analyse your answers, just keep writing until you feel that you can write, "I forgive you" freely and without reservation. Use extra paper if needed.

I FORGIVE YOU

RESPONSE



Tool: HEALING PROCESS

When you have an emotional injury that is negatively affecting you and your marriage:

Reflect:

- Gratitude: Acknowledge the positives
- Strongest Emotions (L.I.F.E.)
- My desire to be whole

Connect:

- Unclutter
- Emotional Communion
- Forgiveness



Final Instructions

When you can write "I forgive you" without any objections.... write it a few more times, just to be sure. Then say it out loud. Ask Jesus to help you forgive. Imagine yourself taking the injury out of your heart and letting it fall away to nothing. Ask Jesus to come into your broken heart and heal it. At this point you might like to ask your fiancé or prayer partner to pray with you.