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# Healing EMOTIONAL OINJURIES

# Pray for Compassion

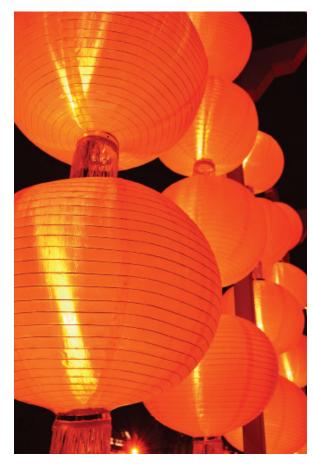
Lord God, lover of my soul, You yearn for me to be whole and free to love without limit. Give me the grace of compassion; compassion for myself in my pain, and compassion for the person who has hurt me.

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 <b>the injur</b> y	Y
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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...

DADT 2: CTDONCECT EMOTIONS /I I E E \

PANT 2. STRUNGE	31 EMOTIONS (L.I.F.E.)	
List: What were you	feeling at the time? Wh	at does it feel like now? (tic
all that apply)		
□ sad	□ isolated	☐ embarassed

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

when (name the incident)	
Free allich with laterain, brown and broad (shoring a granting	

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



#### Write how it continues to effect you and your relationships:

- How is your self-identity damaged?
- How do you withdraw from relationship to protect yourself?
- How do you control or criticise others?

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# Stories of the heart

When my parents divorced my whole world turned upside down. As the oldest child there were many expectations and responsibilities placed upon me to ensure that the home operated smoothly and was **seen** to be operating smoothly. It felt like my childhood was snatched away from me, that I was forced to grow up before I was really ready. I resented my mother for putting this on me and I blamed my Dad for not trying harder. Even though he assured me that he still loved me, I kept thinking that if he really loved me that much, he'd find a way to make Mum happy.

The following years were constant change. Nothing seemed certain. If Dad and Mum could stop loving each other, how could I depend on their love for me? It left me with a lurking black shadow in my heart - a shadow that threatened to swallow me at any time. I felt like I was in a life boat lost at sea, just drifting, waiting for someone to find me and save me from the reality of my life. I never stopped hoping that they'd get back together, but they never did.

As a result, I was very nervous about getting involved romantically. I just didn't know if I could trust the love my fiancé said he had for me. He would get frustrated with me when I pulled back from him emotionally. I was scared of opening up and letting him know too much about me in case he left me too. It was becoming a big problem for us.

When I went through the healing exercise, I discovered there were things about my childhood that I could be grateful for. For example, I'm really close to my sister because of the time I'd spent looking after her. Once I was able to forgive my Mum and my Dad for failing me, I felt like a vice around my chest was broken and I could breathe freely. I felt so much love in my heart for my fiancé, love that was being suppressed by my fear. Being able to experience this together gave us renewed confidence in our relationship and our future.

PART 3: YOUR DESIRE
Describe how you want to be free from the injury so that you can love
more generously.



#### I FORGIVE YOU

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but you don't deserve itbut I don't trust you	

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## Watch: FORGIVENESS FILM

Watch the forgiveness film available in the member hub.

www.SmartLoving.org/Engaged/Member/



## Connect: with your flancé/ 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.

- 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 untill 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 injuriy 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.