

FEELINGS AND THE HURT SPIRAL

WORKSHEET #12

Feelings are OK and important but we cannot base our behavior on them.

“The first hurt is unintentional.”

“FIRST SAY OUCH!”

“It is normal to feel negative emotions in light of the way your mate has treated you. It is not Christian, however, to allow these emotions to dominate your thoughts and behavior.” – Chapman

“Make Dialogue, Not War.”

“Am I building up or tearing down?”

QUESTIONS TO PONDER

Self:

- Do I control my feelings or do my feelings control me? Am I overly sensitive?
- When I don't feel loved or loving, do I justify behavior which I would otherwise be ashamed of?
- Which weapons do I use most often? Do I immediately translate hurt into anger and anger into retaliation?
- Am I inclined to assume my spouse intentionally hurt me without first checking it out?

In Relation to My Spouse:

- Do I let my spouse know when he/she has hurt me? Or do I assume he/she “should know?”
- Do I build a wall around myself and refuse to be vulnerable?
- Do I allow my spouse to abuse or intentionally and repeatedly hurt me?
- Am I in pain? Where does my pain come from?
- How can I begin to communicate that without perpetuating the hurt spiral?