

- Feelings are OK and important but we cannot base our behavior on them.
- "The First Hurt Is Unintentional"
- "FIRST SAY OUCH!"
- "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 has 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?

### ***MY GOAL IS:***