

TAKING RESPONSIBILITY FOR YOUR PART

Relationships always involve 2 people. You can't be together more than a few weeks before you realize that you will hurt your partner sometimes. This week write down all of the things you can think of that you have done, said, not done, or attitudes you've had that have hurt your partner across the years of your relationship. You might not be able to remember every small hurt but you can likely remember typical or chronic smaller hurts as well as the larger hurts.

Draw a line after each hurt you describe and start the next one.

What you did:

The effect it had on my spouse/ partner:

Did I offer restitution/ make it up to him/her? If so, how?

Did I ever apologize or confess the hurt? If so, how?