

# Forgiving

## Couple Exercise 1: Marriage Is Your Treasure

1. What are the qualities in your relationship that you most treasure and enjoy?
2. What do you and your fiancé value about getting married in the Catholic Church?
3. When your fiancé or someone close to you does something that hurts you, what do you do to get past the hurt, anger, or resentment?
4. Do you turn to God for strength in helping you let go of hurts, resentment, and anger?
5. The Church teaches that “Sin is a failure to love God and neighbor.” In what ways have you seen yourselves or other couples fail to love each other?

# Forgiveness

## Couple Exercise 2: Attitudes and Behaviors

1. What attitude did you learn from your family about managing anger or expressing it in violent behaviors?
2. Did you experience incidents of violent behavior in your home? If so, talk to your fiancé about these and what impact they have had on you.
3. Do you find that you have a tendency to express anger or frustration with destructive behaviors, such as breaking something, hitting, driving carelessly, drinking excessively, or withdrawing? Are you a person who tends to keep grudges and bring up past hurts? If so, what steps can you take to change these reactions?
4. What did your family members do to ask for forgiveness and express reconciliation?
5. How do you reconcile with your fiancé after you have hurt each other?
6. What do you think about the Sacrament of Reconciliation? Are there questions you want to ask your mentors about it? Write these down and then ask if you can talk for a bit before the meeting continues.