

Healing

Couple Exercise 1: Married Love Comforts and Heals

1. How do you offer help, support, and comfort to your fiancé when he or she is struggling? How do you know that this is what is best for him or her?
2. What do you think your fiancé needs the most from you in tough times? After writing down your thoughts, have your fiancé either confirm your ideas or bring a little correction of needed.
3. How do you like for your fiancé to offer comfort to you? What does he or she do that gives you comfort and helps you heal?
4. Are you a person who appreciates the comfort of touch? What form of touch is most soothing to you when you are in pain?
5. When you say the word “home,” what feelings and images come to mind?
When you think about your relationship, what feelings and images come to mind? Do your feelings about home and your feelings about your relationship correlate in any ways? How?
6. Marriage counselors tell us that all marriage relationships tend to drift, that nearly all couples go through periods of feeling lost or not at home with each other. How do you think you will know that you are drifting apart? What feelings and behaviors do you expect will alert you?
7. Imagine how you might find your way home to one another in your marriage after a time of feeling somehow separated. How do you hope to draw close again?

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Couple Exercise 2: Attitudes and Behaviors

1. What did you learn from your family about comforting each other and having compassion for others? When did you experience compassion in your childhood home? When did you see your parents or other family member extend compassion and comfort to people outside your home?
2. How often did you experience denial about hurt feelings, anger, resentment, substance abuse, or addictions in your family? What do you recall about how this made you feel? How did people react? What lingering effects does this have on you?
3. How did your family members cope with suffering (think about illnesses, death, financial troubles, emotional wounds, stress)? Did you talk about it? Fight about it? Did each person retreat to his or her own space to work it through?
4. How do you know when your fiancé has a need for comfort or healing? What words or behaviors alert you to this? How comfortable are you responding to his or her need?
5. What does seeing suffering through the eyes of faith mean to you?