Are You Hoarding Your Hurts?

Mark and Jill Savage

www.NoMorePerfectDateNight.com

**How do we hoard our hurts?**

We grumble and complain but don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

We say nothing--thinking we’re letting it slide but really it’s \_\_\_\_\_\_\_\_\_\_\_\_\_ in our heart.

We keep \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of disappointments and our spouse’s failings.

We nurse and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our hurts.

**Why do we hoard our hurts?**

We believe the lie that we’re not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

We believe the lie that our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ doesn’t matter.

Our negative feelings fuel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ thinking and deceive us into believing this is a good thing.

Life long \_\_\_\_\_\_\_\_\_\_\_\_\_ in our mind and heart become places to store our hurts.

We think that somehow it will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ us.

We carry our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into our present.

We don’t want the conflict and we think that by being \_\_\_\_\_\_\_\_\_\_will make the issues just go away.

We lack good conflict resolution \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the relationship.

We fear rejection or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from our spouse.

**Why is holding onto hurts a problem?**

It puts up a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ between us and our spouse.

It opens our heart to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

It minimizes our voice and our experiences in the relationship.

It \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_rather than communicates.

It \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our heart and stops our own growth.

It \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the relationship.

It leaves the other person out of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ loop.

It reinforces the lies we believe about ourselves, God, and others.

It leads to bitterness, rage, anger, harsh words, and slander, as well as all types of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ behavior. Ephesians 4:31 NLT

It causes us to not\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ others and ultimately God.

**How do we stop hoarding our hurts?**

*Become \_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

*Forgive.*

*Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

*Communicate.*

*Listen \_\_\_\_\_\_\_\_.*

*Get \_\_\_\_\_\_\_\_ .*

*Start keeping \_\_\_\_\_\_\_\_\_\_\_\_ accounts.*