



SUMMER
EQUIPPING
SERIES

GOSPEL CENTERED
MARRIAGE

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REFLECTION SECTION:

What blocks your heart from being known by yourself, God and safe/trusted others? Check all that apply.

- Fear of being hurt
- Fear of being judged
- Fear of getting it wrong
- Fear of not performing/living up to standards
- Fear of abandonment/being alone
- Protecting my heart by controlling my surroundings/others
- Analyzing, criticizing and judging others/self
- Distracting myself by being busy and planning
- Distracting myself from my heart through substances/alcohol/food/spending
- Taking care of others
- People pleasing
- Achieving
- Blaming and turning others into the enemy when I feel hurt
- Numbing out/zone out
- Anger/resentments
- Dismissing your own heart/dismissing the heart of others
- Distance yourself from others
- Stay in logic and reasoning
- Try to fix others
- Point out others mistakes
- Trauma experience/responses that tell you connection is not possible/you are not worth connection/connection is not safe
- Being about good works
- Becoming rigid (black and white/right and wrong)
- Peacemaking
- Minimizing your own feelings/feelings of others/spiritually minimizing
- Other: _____
- Other: _____

How does this block protect your heart?

What would happen if you didn't have it to protect your heart?

Where did you pick up this way of protecting your heart? Caregivers? Past relationships? Current relationships?

Can you invite the Holy Spirit to meet and talk with that guard, right now in this moment? What do you hear Him say?

Can you make it a point to talk with your loved one today about what guards your heart and why. Ask for what you need to be more open and safe in the relationship.

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Please remember the counseling center is available to help.

CounselingAtFellowship.com