

SESSION THREE: PAIN

SCRIPTURE: COLOSSIANS 3:5-10

Fill in your half of this worksheet below and then ask your partner and fill in their half. Important rule is not to write how your partner stresses you! Only write stressors other than your partner

The diagram consists of a central dark blue circle containing the word "Us" in white. Surrounding this central circle are four green circles, each with a white center. The top-left green circle is labeled "His Life Stressors (Not in Marriage)", the top-right is "Her Life Stressors (Not in Marriage)", the bottom-left is "Write His Feelings Here", and the bottom-right is "Write Her Feelings Here".