God's Transforming Grace • Worksheet 2

How Do I Experience Love in This Relationship?

A companion to *Quest for Exceptional Love* by Darla Colinet

Complete this worksheet privately. For each prompt, recall a specific moment. Write what your loved one said or did and how you felt. Then look back at Worksheet 1. Where does your experience reflect the love Jesus shows us? Where does it differ?

After you finish, take a quiet moment with Jesus. When did you feel loved, heard, and safe to be honest? What would you like to bring to Him in prayer?

If your marriage is safe and mutually respectful, you may invite your spouse to complete the exercise separately. Then talk about where your experiences are similar and where they differ.

If you see signs of abuse or fear how your loved one might respond, keep your answers private. You can read the resource on healthy, unhealthy, and abusive relationships and talk with a counselor experienced in relationship abuse about your next steps. This exercise is designed to help you see Christ's healthy love and empower you to seek help to adopt and live in Christ's love design.

Think about...	What did they say or do?	How did I feel?
The words they use when they talk to me		
The things they do to show me they care		
How they respond when I share a feeling, need, or concern		
How they respond when we disagree		
How they handle anger or frustration		
How they respond when they're disappointed or an expectation goes unmet		
What they say or do after they've hurt me		