

# FIVE CONVERSATIONS FOR HEALTHY RELATIONSHIPS

## What's Hurt Me.3:

### LEARNING TO SAY OUCH

#### Featured Scripture Reference:

*<sup>15</sup> "If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother. Matthew 18 (ESV)"*

1. Focus on \_\_\_\_\_ and \_\_\_\_\_.
2. Be \_\_\_\_\_.
3. No \_\_\_\_\_.

If you really want to transform key relationships in your life, learn meaningful ways to say "\_\_\_\_\_".

#### Things I want to remember from the video:

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The wisdom in these lessons is thousands of years old and has been tried and found true by hundreds of millions of people.

**QUESTIONS FOR DISCUSSION:**

**For you, what is the hardest part about saying “ouch”?**

**In which relationships in your life are you still dealing with unresolved pain? What would need to happen for you to be able to express that pain in a healthy way?**

**WHAT? What lesson or truth do I take away from this session?**

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**SO WHAT? Why and how does this truth or take-away make any difference in my relationship(s)?**

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**NOW WHAT? What step will I take this week as a result of this lesson?**

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**How I can be remembering group members this week:**

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