

## Finding the Characteristics of Your Heart

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- **With a partner**, take turns telling your partner what hurts you. Use these questions:
- **What causes me emotional pain? Come up with one or two words.**
- **Examples: rejection, dishonesty, left out, disloyal. . .**
- **What is something that I “get in trouble for” or am criticized for doing (not bad behavior)?**

**Brainstorm with your partner what the opposite** of each pain that you share could be. **Write** down your opposites. Consider that these opposites are the main characteristics of your heart, and your partner’s heart. **It is like you to hurt like this.** If time add other characteristics to each other’s list. People love to be told the characteristics of their heart, even when it doesn’t feel like it’s true at first. Knowing our heart helps us suffer well.