

THE CHEMISTRY Was Never THE PROBLEM.

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THE HEALING WAS.

Self-Reflection Worksheet



1. CHECK YOUR HEART

Are you loving people from a healed place... or from wounds you never addressed?

What past wounds or experiences still affect the way you love today?



2. REAL TALK

What are some unspoken issues in your relationship?

What do you avoid talking about that needs to be addressed?



3. CHEMISTRY VS. CONNECTION

What attracted you to this person?

What keeps you connected beyond the chemistry?

4. WHAT'S BUILDING YOUR LOVE?

Circle the things that are present in your relationship.

- ♥ TRUST
- ♥ HONESTY
- ♥ RESPECT
- ♥ ACCOUNTABILITY
- ♥ COMMUNICATION
- ♥ EMOTIONAL SAFETY
- ♥ LOYALTY
- ♥ SUPPORT
- ♥ UNDERSTANDING
- ♥ GROWTH
- ♥ HEALING TOGETHER
- ♥ QUALITY TIME
- ♥ COMPASSION
- ♥ FORTITUDE

What else needs to be added to make your love stronger?

5. PERSONAL GROWTH

What emotional patterns or behaviors do you need to heal from?

What steps are you willing to take to become a better partner?



6. THE HARD QUESTION

Are you fighting each other... or fighting wounds you never healed?

What can YOU do differently?



SCRIPTURE OF THE NIGHT

"Above all else,
guard your heart,
for everything you do
flows from it."

PROVERBS 4:23

7. TONIGHT I CHOOSE...

I choose healing over hurting.
I choose growth over pride.
I choose love that builds.
I choose peace.

My commitment to myself and my relationship:



POETIC
REMINDER



“ Some people hold hands... while silently falling apart inside.

Some relationships look healthy in pictures... but exhausted in private.

And maybe love was never supposed to feel like war.

Maybe real love was always supposed to feel like peace.

