

# Repair Hurt and Practice Forgiveness

*Where do confession, restitution, boundaries, and forgiveness differ?*

---

Print this alongside the module, or type into it — every box is a real form field.  
The workbook records what you did. This sheet records what you learned.

## 1 · WATCH AND LISTEN

Take these one at a time. A note you write in your own words is worth more than a highlight you never reread.

### Healing Hurt and Forgiveness

*Session video on naming a hurt and making a specific repair.*

**Notes** — and the timestamp you want to come back to

### Navigating Marital Conflict

*Where unresolved anger goes when nobody addresses it.*

**Notes** — and the timestamp you want to come back to

### The Danger of Forgiving: Rhinos and Hedgehogs

*Deep-dive audio on the two anger styles and where the model stops applying.*

**Notes** — and the timestamp you want to come back to

### When Marriage Advice Becomes Ammunition

*Safety inversion: how repair language gets weaponised. Read against the module caution.*

**Notes** — and the timestamp you want to come back to

## 2 · DECKS AND FIELD GRAPHICS

On this module: Marital Repair Blueprint; The Topography of Repair; The Path to Healing; Marriage Conflict and Forgiveness Guide.

**What stood out — and what I would push back on**

**3 • READING NOTES**

Each report is an optional study aid built from thematically related research. It reflects the source material, not ministry doctrine — read it against the module's caution.

**Healing Hurt and Anger**

*The fourth session of "The Marriage Course" focuses on the inevitability of hurt within marriage and the essential processes required for healing.*

Executive briefing — best starting point for this module.

**What I take from this**

**Beyond the Apple Throw**

*The reality of marriage is that we will all hurt our partner—often in small ways, sometimes in massive ones, and frequently without even realizing we've done it.*

Longer treatment of anger, repair, and what forgiveness does not mean.

**What I take from this**

**Rhinos, Hedgehogs, and the Buried-Alive Rule**

*In even the most vibrant marriages, partners will inevitably wound one another. These hurts are often unintentional—a thoughtless word, a forgotten promise, or a cold shoulder—and sometimes the offender isn't even aware they've caused a fracture.*

Popular-article register — use as a prompt, not as proof.

**What I take from this**

## 10 questions

Answer from memory first, then mark yourself against the answer key on the last page. The score matters less than the last column: a question you missed shows you exactly which part of the module to reread.

1. What is the primary 'God-given purpose' of anger according to the Episode 4 curriculum?

RIGHT

MISSED

2. In the 'Rhino and Hedgehog' typology, which behavior is characteristic of a 'Hedgehog' response to hurt?

RIGHT

MISSED

3. What does the curriculum identify as the primary cause of emotional 'numbness' in a marriage?

RIGHT

MISSED

4. Regarding the three-part healing process, who does the curriculum say should take the initiative to talk about a hurt?

RIGHT

MISSED

5. What is the intended purpose of the 'Richter scale' (1 to 10) in the context of an apology?

RIGHT

MISSED

6. How does the course distinguish a 'true apology' from a defensive one?

RIGHT

MISSED

7. Which statement best describes the course's teaching on the relationship between forgiveness and boundaries?

RIGHT

MISSED

8. According to the course, what is the 'cost' of choosing to forgive a spouse?

RIGHT

MISSED

9. Why does the curriculum argue that trust-building is a separate process from forgiveness?

RIGHT

MISSED

10. What significant safety concern was raised by the external reviewers regarding the 'blocked drain' metaphor?

RIGHT

MISSED

Score out of 10

The one I missed that matters most — and what I am going back to reread

## 5 • FLASHCARD DRILL

This module's deck holds 40 cards. Run it until you can answer without help, then note what still slips.

Cards marked known

Cards I still need to review

## Mark yourself here

Every answer carries the reason it is the answer. If you missed one, the reason is the part worth rereading — not the letter.

### 1. What is the primary 'God-given purpose' of anger according to the Episode 4 curriculum?

To function as an internal signal that something is wrong and needs to be addressed

*The presenters define anger as a helpful signaling mechanism designed to motivate the resolution of an underlying hurt.*

### 2. In the 'Rhino and Hedgehog' typology, which behavior is characteristic of a 'Hedgehog' response to hurt?

Developing selective hearing or withholding affection from the spouse

*Hedgehogs typically withdraw, go cold, or use 'prickles' to keep their partner at a distance while burying their feelings.*

### 3. What does the curriculum identify as the primary cause of emotional 'numbness' in a marriage?

The physiological response to unhealed hurt and accumulated negative emotions

*The material explains that when negative emotions take up all the 'space' inside, there is no room left for positive feelings like love and affection.*

### 4. Regarding the three-part healing process, who does the curriculum say should take the initiative to talk about a hurt?

Either partner, regardless of who caused the offense or who felt the injury

*Based on a paraphrase of Matthew 5, the presenters teach that both the offender and the offended party carry the responsibility to initiate repair.*

### 5. What is the intended purpose of the 'Richter scale' (1 to 10) in the context of an apology?

To help the offender calibrate their level of empathy to the actual impact on the partner

*Asking 'is this a 2 or a 10?' prevents the offender from minimizing a major injury or the victim from over-escalating a minor one.*

### 6. How does the course distinguish a 'true apology' from a defensive one?

A true apology takes full responsibility for the behavior and avoids making excuses

*The presenters teach that adding 'but...' to an apology often shifts the burden back to the injured spouse and negates the repair.*

### 7. Which statement best describes the course's teaching on the relationship between forgiveness and boundaries?

Forgiveness and boundaries work together; one can forgive while still refusing to accept harmful behavior

*The presenters clarify that choosing to forgive is not the same as condoning behavior or allowing repeated lying or debt.*

### 8. According to the course, what is the 'cost' of choosing to forgive a spouse?

Relinquishing self-pity, the desire for justice, and personal pride

*The presenters state that forgiveness is hard because it requires giving up the 'right' to hold onto resentment or seek vengeance.*

### 9. Why does the curriculum argue that trust-building is a separate process from forgiveness?

Forgiveness deals with the past offense, while trust is rebuilt over time through consistent behavior

*The presenters explain that while forgiveness removes distance, deep hurts require time and kindness for trust to be fully restored.*

**10. What significant safety concern was raised by the external reviewers regarding the 'blocked drain' metaphor?**

The metaphor implies that all marital issues can be resolved with the same simple process, regardless of safety  
*Multiple reviewers noted that treating 'massive betrayals' and 'ordinary hurts' with the same 'just talk it out' model can be dangerous in abusive contexts.*

**Before you close this module**

Field action: Make one specific confession or repair attempt

Finish line: You made a safe, specific repair attempt and completed or scheduled the concrete action you offered, without requiring a particular response.

Study is not the assignment. The finish line is.