

THE WORKBOOK: SESSION 6



**ROCK SOLID**

---

MARRIAGE

# SESSION 6

## KEEP *a* STRONG COMMITMENT *to your* PARTNER

### COMMITMENT + LOVE

When you think of commitment what comes to mind?

What are some “everyday” ways that you and your partner act out your commitment to one another, and keep each other in your hearts?

What are the two dimensions of commitment?

1.

2.



## **EXAMINE** *your* **RELATIONSHIP**

Discuss and then write about a time that your commitment to one another helped you to be more resilient as a couple.



## **EXAMINE** *your* **RELATIONSHIP**

How do you think your commitment to your partner impacts the other areas of your relationship (i.e. know, trust, rely, touch)?

# TRUST + FORGIVENESS

What is forgiveness and how is it similar and different from rebuilding a broken trust?

What are the three aspects of the journey of forgiving a deep hurt (these could also apply to the ways you journey through rebuilding trust)?

1.

2.

3.