

MARRIAGE  
**COURSE**



**UNDERSTAND  
YOUR SPOUSE**



**DEEPEN YOUR  
RELATIONSHIP**

**MODULE 2**

**SELF-AWARENESS**



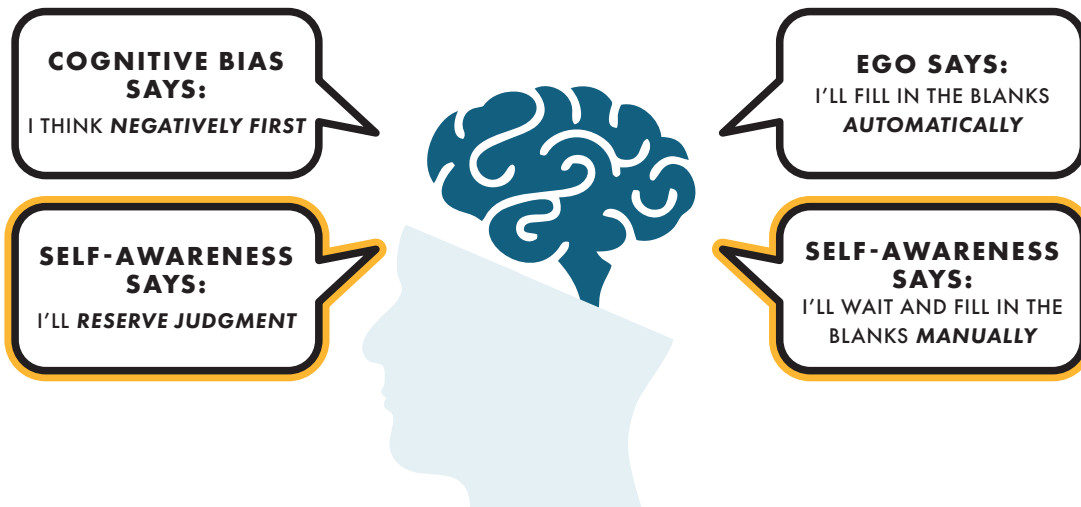
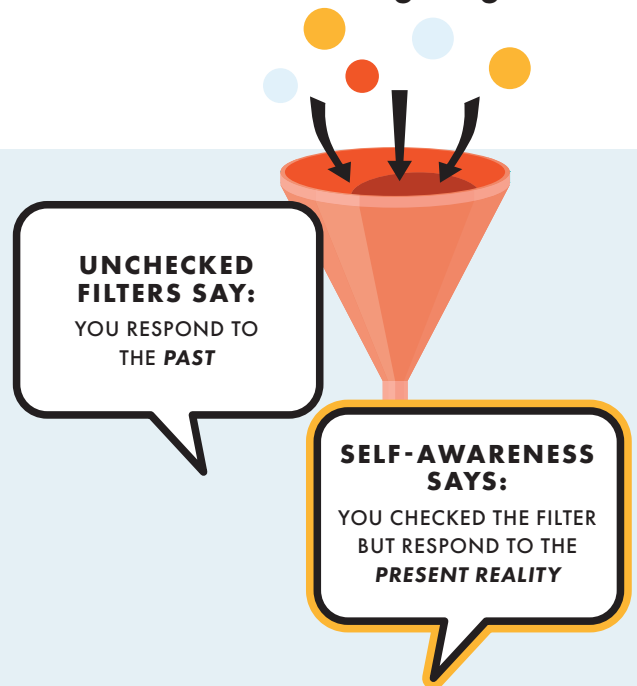
# JUMP INTO ..... **THE DEEP END**

We don't \_\_\_\_\_ things as \_\_\_\_\_ are, we \_\_\_\_\_ them as \_\_\_\_\_ are.

The hallmark of **self-awareness** is self-examination without giving \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

## WHAT PREVENTS YOU FROM **JUMPING IN?**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



# REFLECTIONS FOR ..... **SELF-AWARENESS**

*Why am I reacting this way?*

*Am I having flashbacks?*

*Is this a trust issue?*

\_\_\_\_\_ ?

\_\_\_\_\_ ?

\_\_\_\_\_ ?



**HUNGRY?**

**ANGRY?**

**LONELY?**

**TIRED?**



*Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.*

**BRENÉ BROWN**