



# Heart in a Drawer

EXPLORING HURT, HEALING AND HOPE AS AN ADULT CHILD OF DIVORCE

## Episode 20 Meditation Verse:

Be kind to one another, tenderhearted, forgiving one another,  
as God in Christ forgave you.  
Eph. 4:32 ESV

Write the verse out three times below to hide it in your heart and mind.

1.

2.

3.

Reflection Questions:

What are your triggers for negative emotions? How will you share them with your spouse?

In what ways will compassion help you handle your spouse's triggers?