

# What's in My Suitcase?

Every person all brings a certain amount of baggage into a marriage, and sometimes you even add to the baggage during the course of the marriage. Baggage refers to hurts, relationships, behaviors, disappointments, secrets. All of the things that makes us who we are today. Building a marriage on a solid foundation involves being able to not only come to terms with your personal baggage as well as choosing to be vulnerable and share that with your spouse.

*To love at all is to be vulnerable.*

*-C.S. Lewis*

1. Over the years I have chosen not to tell or to minimize the following behaviors in my life:

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2. I have never shared the impact of \_\_\_\_\_ on me and my marriage.

3. I have always wanted to tell my spouse about \_\_\_\_\_, I just didn't know how.

4. I'm terrified that if my spouse knew the "real" me they would:

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5. I have always felt disappointment over:

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6. I have felt less than because of:

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7. The weight of my “stuff” has caused me to:

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8. This has impacted our marriage by:

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*Keeping baggage from the past will leave no room for happiness in the future.*

*-Wayne L. Misner*

*...But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

*Philippians 3: 13-14*