

TRUTH. CLARITY. GOD'S VOICE.

Is It a Hard Season... *or* Have I Been Carrying *This Too Long?*

Self-assessment + reflection



Because not every hard marriage
is harmful. But not everything
harmful looks obvious.

WivesConqueringBurdens.com

This Is Not a Quiz. This Is a Mirror.

You've probably asked yourself the question a hundred times. Is this just a hard season? Or have I been carrying something that was never meant to be mine to carry alone?

The problem is, nobody around you is asking the right questions. They're telling you to pray more, try harder, or leave already. None of those answers are coming from inside the room with you.

This guide is not going to tell you what your marriage is. It is going to help you see what you already know. God didn't create confusion. If things feel foggy, something is blocking the signal. Let's find out what.

Move through each category honestly. Not the way you'd answer in front of your pastor. The way you'd answer at 2am when the house is quiet and you're finally alone with God.

There are five areas to look at:

01 Conflict

02 Repair

03 Fear

04 Emotional Weight

05 Spiritual Clarity

One thing to remember: Not every hard marriage is harmful. But not everything harmful looks obvious. What you're about to do is stop guessing and start seeing.

A note before you begin: I am not a therapist or counselor. This guide is not a clinical assessment and it is not a substitute for professional support. It is a faith-based reflection tool designed to help you get honest with yourself and God.

Conflict

Hard seasons have conflict that eventually moves. Harmful patterns have conflict that cycles, escalates, or never gets resolved.

Check what is true for you right now:

- | | |
|--|--|
| ☐ Our arguments tend to resolve within a few days | ☐ The same fights happen over and over with no change |
| ☐ I feel heard even when we disagree | ☐ I feel blamed, dismissed, or talked over |
| ☐ Conflict in our home feels predictable and manageable | ☐ I walk on eggshells to avoid setting him off |
| ☐ We fight hard but we both fight fair | ☐ I'm afraid of what happens when I speak up |
| ☐ After conflict I feel closer or at least neutral | ☐ After conflict I feel worse than before it started |

REFLECT

When you think about the last real argument you had, what did it cost you — and did you get anything back?

"A soft answer turns away wrath, but a harsh word stirs up anger." — Proverbs 15:1

Ask yourself: Is softness working here, or is it just keeping the peace?

Repair

Hard seasons have ruptures that get repaired. Harmful patterns have ruptures that get buried, minimized, or turned back on you.

Check what is true for you right now:

- | | |
|---|--|
| ☐ My husband takes responsibility when he hurts me | ☐ Apologies in my marriage feel genuine |
| ☐ I am usually the one who apologizes first | ☐ His apologies come with conditions or excuses |
| ☐ After we repair, things actually feel different | ☐ Things go back to normal without anything changing |
| ☐ I feel safe bringing up when I've been hurt | ☐ Bringing up pain usually makes things worse |
| ☐ My husband wants to understand how I feel | ☐ I've stopped telling him how I feel because it doesn't help |

REFLECT

When was the last time you felt genuinely repaired after being hurt? What did that look like?

"Bear with each other and forgive one another." — Colossians 3:13

Forgiveness is yours to give. Repair requires two people.

Fear

Hard seasons make you anxious about outcomes. Harmful patterns make you afraid of the person you married.

Check what is true for you right now:

- | | |
|--|--|
| ☐ I worry about our future but not about my safety | ☐ I monitor his mood before I speak or act |
| ☐ I feel physically safe in my home | ☐ I have hidden things from him to avoid his reaction |
| ☐ Fear in my marriage is about uncertainty, not him | ☐ I am afraid of what he might do or say |
| ☐ I can express my needs without fear of punishment | ☐ I edit myself constantly around him |
| ☐ My kids feel safe in our home | ☐ I stay quiet to protect the atmosphere in the house |

REFLECT

What are you most afraid of saying out loud right now — and what does that fear tell you?

"God has not given us a spirit of fear, but of power, love, and a sound mind." — 2 Timothy 1:7

If fear is leading your home, it didn't come from God.

Emotional Weight

Hard seasons are heavy but shared. Harmful patterns leave one person carrying everything while the other stays comfortable.

Check what is true for you right now:

- | | |
|--|---|
| ☐ I feel emotionally supported in my marriage | ☐ I feel responsible for managing his emotions too |
| ☐ My husband notices when I am struggling | ☐ I carry the emotional labor of this family alone |
| ☐ I can cry or fall apart without it becoming about him | ☐ When I'm struggling, he withdraws or gets angry |
| ☐ I feel rested in this relationship sometimes | ☐ I am exhausted in a way sleep doesn't fix |
| ☐ My needs matter in this marriage | ☐ My needs feel like an inconvenience or a burden |

REFLECT

If you stopped managing everything for one week, what do you think would happen? What does that answer tell you?

"Cast your burden on the Lord, and He will sustain you." — Psalm 55:22

God said cast it on Him. Not carry it for everyone else.

Spiritual Clarity

Hard seasons make God feel distant. Harmful patterns make God feel impossible to reach — because the noise never stops long enough to hear Him.

Check what is true for you right now:

- | | |
|--|--|
| ☐ I still feel connected to God even in this season | ☐ My faith has nearly disappeared inside this marriage |
| ☐ I can hear God when I get quiet | ☐ I can't remember the last time I heard God clearly |
| ☐ My marriage has made my faith stronger somehow | ☐ Surviving my marriage has replaced my relationship with God |
| ☐ I pray about my marriage and feel some peace | ☐ I pray about my marriage and feel nothing |
| ☐ God feels accessible to me | ☐ I feel too ashamed or too tired to go to God |

REFLECT

If God showed you exactly what He sees when He looks at your marriage right now, what do you think He would say?

"Call to me and I will answer you and tell you great and unsearchable things." — Jeremiah

33:3

He is still speaking. Let's get quiet enough to hear Him.

So. What Did You See?

You don't have to have an answer today. But you're not allowed to unsee what you just saw. That's not how God works. When He opens your eyes, He does it because He's ready to show you the way through.

What I'm Taking Away From This

The category that hit me hardest was...

The thing I've been avoiding seeing is...

What I want to ask God about what I saw today is...

You are not crazy. You are not too sensitive. You are not failing God by seeing clearly. Clarity is how He leads you. Let Him lead.

Not every hard marriage is harmful.
But not everything harmful looks obvious.
Now you're looking.

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