Share it!

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**Class**: REL 200, Section 72

# Instructions

The purpose of this assignment is to **deepen your learning from *teaching* or engaging in the material outside of class.** This write-up is *not* meant to be a regurgitation of the material to the teacher or solely a summary of your conversation about this course. **Responses must show thought, reflection, pondering and depth with college-level writing skills.**

1. Provide a simple statement answering who you shared with.

For this Weeks Share it I spoke with my sister.

1. In a brief paragraph, identify the questions or insights from your personal study that informed your thinking as you prepared for your discussion.

From my personal study a questions I developed was how do you heal when you can’t forget.

1. In 1-2 paragraph(s), write about what you learned as a result of this conversation. What was this conversation about? What direct lines or quotes from our reading material or your research were you referencing or thinking about as you had this intentional conversation?
2. Our discussion was about abuse and how it affects men and women around the world. My sister came from an abused marriage and was lucky enough to get out of it. I asked her how she healed and she said she never truly healed. She can’t forget everything that’s happened. The talk by Elder Scott, *To Heal the Shattering Consequences of Abuse* it says, “If you have been abused, Satan will strive to convince you that there is no solution. Yet he knows perfectly well that there is. Satan recognizes that healing comes through the unwavering love of Heavenly Father for each of His children. He also understands that the power of healing is inherent in the Atonement of Jesus Christ. Therefore, his strategy is to do all possible to separate you from your Father and His Son. Do not let Satan convince you that you are beyond help.

**“**

1. In 1-2 paragraph(s), write about what you learned as a result of this conversation.

Answer the following questions:

* What deepened connections and insights did you feel because of this conversation?
* What did you agree/disagree with in your discussions? How did you handle this?
* Did anything discussed change your thinking? If so, what and how?
* How will you build on this knowledge to strengthen your family (now and/or in the future)?
* What do you feel inspired to do now that you have read the material *and* engaged in this conversation?

From this conversation I developed a deeper connection with how I need to connect myself with Heavenly Father to get through the challenges in my life. I can’t do it without him. I disagreed when my sister said she never healed because she never forgot, because you can’t forget what happened. It is through Heavenly Father that we heal. In my future family I will remind them to always forgive. To turn to Heavenly Father when they are going through a hard time.

# Reference(s) used:

* To Heal the Shattering Consequences of Abuse Elder Scott