

MODULE 9 — COMMUNICATING UNDER PRESSURE

Learning & Application Worksheet

INSTRUCTIONS: Complete this worksheet after reviewing Module 9 content. Master communication during stress, conflict, and difficult times. Be honest and specific.

PART 1: COMPREHENSION CHECK — How Well Have You Grasped the Principles?

- 1. How do you typically communicate when under stress or pressure?**
- 2. What triggers cause you to communicate poorly with your spouse?**
- 3. How does pressure affect your ability to listen and understand?**
- 4. What patterns emerge in your communication during conflict?**

MODULE 9 — COMMUNICATING UNDER PRESSURE (Continued)

PART 2: APPLICATION PLAN — How Will You Apply These Principles?

5. What specific pressure or trigger situations affect your communication most?

6. What ONE strategy will you use to communicate better during pressure?

(Example: 'I will take a 10-minute break before responding' or 'I will focus on my breathing')

7. How will you help your spouse communicate better when they are under pressure?

MODULE 9 — COMMUNICATING UNDER PRESSURE (Continued)

PART 3: MY GROWTH COMMITMENT

Before I move to Module 10, I commit to:

- Identify my personal triggers and pressure responses
- Practice stress-management techniques before communicating
- Stay calm and speak respectfully even under pressure
- Extend grace to my spouse when they are stressed
- Revisit difficult conversations when both are calmer

MY BIGGEST TAKEAWAY FROM MODULE 9:

(What is the most important principle about pressure and communication?)

MY ACTION PLAN FOR THIS WEEK:

(List 2-3 specific actions to communicate better under pressure)