

# MODULE 5 — ASK BETTER QUESTIONS

## Learning & Application Worksheet

INSTRUCTIONS: Complete this worksheet after reviewing Module 5 content. Master the art of asking questions that deepen understanding and connection. Be honest and specific.

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

1. What is the difference between open-ended and closed-ended questions?
2. How do you typically ask questions in conversations with your spouse?
3. What questions would help you understand your spouse's thoughts and feelings better?
4. How do your current questions impact the depth of your conversations?

# MODULE 5 — ASK BETTER QUESTIONS (Continued)

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

5. What types of questions do you need to ask more often?

6. What **THREE** better questions will you ask your spouse this week?

*(Example: 'How did that make you feel?' 'What do you need from me?' 'What matters most to you about this?')*

7. How will asking better questions change your communication?

# MODULE 5 — ASK BETTER QUESTIONS (Continued)

## PART 3: MY GROWTH COMMITMENT

**Before I move to Module 6, I commit to:**

- Ask open-ended questions to deepen understanding
- Ask about feelings, not just facts
- Ask clarifying questions before making assumptions
- Ask with genuine curiosity and care
- Listen fully to the answers my spouse gives

## MY BIGGEST TAKEAWAY FROM MODULE 5:

*(What is the most important principle about asking questions?)*

## MY ACTION PLAN FOR THIS WEEK:

*(List 2-3 specific actions to ask better questions)*