

MODULE 10 — A GOOD LISTENER

The Depth She Reaches For

STEP 1 — SELF-ASSESSMENT (complete before the module)

On a scale of 1–10, how well do I truly listen to my husband — without interrupting, solving, redirecting, or waiting for my turn to speak?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“When she listens well, he talks more, leads better, and loves deeper.”

“A wife who listens well is practicing the same sacred attentiveness God calls all of us to offer Him.”

STEP 2 — HIS VOICE (he answers in his own words)

Do you feel heard by me? When you try to open up, what do I do that makes you close back down?

HIM	HER

STEP 3 — ACTION COMMITMENT (wife completes)

One conversation I will initiate this week where I will only listen — no advice, no solutions, no interruption:

STEP 4 — REFLECTION (honest, private, written)

What do I typically do when my husband begins to open up emotionally? Do I create safety or shut him down?

AFTER THE MODULE — Alignment Check

What is the one thing I commit to doing differently in this area starting today?

Signed: _____ Date: _____