

# **MODULE 5 — PROTECT YOUR SPOUSE**

## **Learning & Application Worksheet**

INSTRUCTIONS: Complete this worksheet after reviewing Module 5 content. Learn how to defend your marriage and your spouse from unhealthy family involvement. Be honest and specific in your responses.

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

- 1. What does 'protect your spouse' mean, and why is it important?**
- 2. In what ways have in-laws crossed boundaries with you or your spouse?**
- 3. How have you responded when your spouse is disrespected or criticized by family?**
- 4. What privacy violations have occurred with extended family?**

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**(Continued)**

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

- 5. What is the area where your spouse needs the most protection right now?**
  
  
  
  
  
  
  
  
  
  
- 6. What ONE conversation will you have with your spouse about protecting them?**
  
  
  
  
  
  
  
  
  
  
- 7. What specific boundary will you set with in-laws to protect your marriage?**

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## (Continued)

### PART 3: MY GROWTH COMMITMENT

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

- Have a conversation about areas where my spouse needs protection
- Commit to defending my spouse when family crosses boundaries
- Set clear boundaries with in-laws
- Communicate with my spouse before and after family interactions
- Follow through on protecting my marriage

### MY BIGGEST TAKEAWAY FROM MODULE 5:

*(What is the most important principle about protecting your spouse?)*

### MY ACTION PLAN FOR THIS WEEK:

*(List 2-3 specific actions you will take to apply what you learned)*

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