

MODULE 3 — KNOW YOURSELF BEFORE YOU SPEAK

Learning & Application Worksheet

INSTRUCTIONS: Complete this worksheet after reviewing Module 3 content. Develop self-awareness about your communication patterns and emotional triggers. Be honest and specific.

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

- 1. Why is self-awareness important before communicating with your spouse?**
- 2. What are your primary emotional triggers in conversations?**
- 3. How do you typically respond when you are upset or defensive?**
- 4. What patterns from your past influence how you communicate?**

MODULE 3 — KNOW YOURSELF BEFORE YOU SPEAK (Continued)

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

5. What is your biggest communication weakness or blind spot?

6. How will you develop greater self-awareness before speaking?

(Example: 'I will pause and check my emotions' or 'I will identify what triggered my reaction')

7. What will you do differently when you recognize a trigger?

MODULE 3 — KNOW YOURSELF BEFORE YOU SPEAK (Continued)

PART 3: MY GROWTH COMMITMENT

Before I move to Module 4, I commit to:

- Practice self-awareness in all conversations with my spouse
- Identify my emotional triggers and patterns
- Pause before responding when triggered
- Take responsibility for my communication choices
- Work to change unhelpful communication patterns

MY BIGGEST TAKEAWAY FROM MODULE 3:

(What is the most important principle about self-awareness?)

MY ACTION PLAN FOR THIS WEEK:

(List 2-3 specific actions to develop self-awareness)