

MODULE 1 – MAKE THE FIRST MOVE

The Courage That Changes Everything

Matthew 5:23–24

STEP 1 – SELF-ASSESSMENT (complete individually before discussing)

On a scale of 1–10, how consistently do I take the initiative to resolve conflict – rather than waiting, avoiding, or expecting my spouse to come to me first?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“Conflicts are never resolved accidentally – someone must take the initiative.”

“Peacemaking is not conflict avoidance – it is the courage to walk toward the fire.”

STEP 2 – YOUR PARTNER’S VOICE (both respond in their own words)

When conflict arises between us, do you feel I move toward resolution or away from it? What would it look like if I went first more often?

HIM	HER
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STEP 3 – ACTION COMMITMENT (each spouse completes)

One specific conflict or tension in our marriage that I will take the first step to address this week – and how I will do it:

STEP 4 – REFLECTION (honest, private, written)

What fear, pride, or habit keeps me from making the first move? What has that cost our marriage – and what would change if I stopped waiting?

AFTER THE MODULE – Alignment Check

What is the one change we will both commit to making in how we handle conflict, starting today?

Signed: _____ **Date:** _____