MODULE 4 — UNDERSTAND YOUR SPOUSE

Learning & Application Worksheet

INSTRUCTIONS: Complete this worksheet after reviewing Module 4 content. Develop deeper understanding of your spouse's communication style and needs. Be honest and specific.

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

1. Describe your spouse's primary communication style and preferences:

2. What are your spouse's emotional triggers and sensitivities?

3. How does your spouse typically respond to criticism or conflict?

4. What does your spouse need most from you during difficult conversations?

MODULE 4 — UNDERSTAND YOUR SPOUSE (Continued)

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

5. What is one thing you don't fully understand about your spouse's communication?

6. What ONE conversation will you have to better understand your spouse?

(Example: 'I want to understand what helps you feel heard' or 'I want to know your biggest frustration with how I communicate')

7. How will you adapt your communication to better meet your spouse's needs?

MODULE 4 — UNDERSTAND YOUR SPOUSE (Continued)

PART 3: MY GROWTH COMMITMENT

Before I move to Module 5, I commit to:

■ Ask my spouse about their communication needs and preferences

■ Listen to understand their perspective, not to respond

■ Adapt my communication style to honor their needs

■ Show empathy for their feelings and sensitivities

■ Prioritize understanding over being understood

MY BIGGEST TAKEAWAY FROM MODULE 4:

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

MY ACTION PLAN FOR THIS WEEK:

(List 2-3 specific actions to understand your spouse better)