

HOW FAR HAVE YOU COME?

Complete this after finishing Module 5

Name: _____ Date: _____

Use the same scale. Answer based on where you are now — not where you hope to be. Compare your scores with your pre-course totals.

1 = Never true 2 = Rarely true 3 = Sometimes true 4 = Usually true 5 = Consistently true

STATEMENT	1	2	3	4	5
1 — Understand What She Lost					
I can name specifically what she stopped believing about me	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
I understand the pattern behind the incident, not just the incident itself	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2 — Stop Making It Worse					
I have stopped pressuring her for a response or resolution	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
My apologies have been specific and free of self-justification	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3 — The Language She Needs to Hear					
I know the difference between performing remorse and genuine accountability	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
My last apology named the specific wound and asked for nothing in return	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4 — Building the Evidence					
My changed behaviour holds when she is not watching or responding	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
I am changing because I see who I was — not only to get her back	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
5 — Win Her Heart, Not the Argument					
I have let go of being right and am focused entirely on her healing	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
I can describe what she needs right now — not what I need from her	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

POST-COURSE TOTAL: _____ / 50 40–50 = Evidence building 25–39 = Keep working Below 25 = Return to the module that co

Pre-Course Score: _____ / 50 Post-Course Score: _____ / 50 Growth: + _____

The single greatest shift in how I have been showing up since beginning this course:

The module that exposed the most about me and why:

The one commitment I am making to her — not to the course — starting today:

I AM NOT THE SAME MAN WHO STARTED THIS COURSE.

I have been shown what she lost, what I have been doing wrong, and what it actually takes to win her back. The work does not end here. It begins here.

Signature

Date