

MODULE 1 — KNOW BEFORE YOU COMMIT

Learning & Application Worksheet

INSTRUCTIONS: Complete this worksheet after reviewing Module 1 content. This worksheet helps you measure your understanding of the five critical areas and plan how to apply them to strengthen your marriage. Be honest and specific in your responses.

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

1. In your own words, explain what 'Rule of Source' means and why it matters in your marriage:

2. List the FIVE critical areas you learned in Module 1:

Area 1: _____

Area 2: _____

Area 3: _____

Area 4: _____

Area 5: _____

MODULE 1 — KNOW BEFORE YOU COMMIT (Continued)

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

6. Identify your spouse's BIGGEST FAMILY PATTERN affecting your marriage right now:

7. What is ONE practical conversation you can have with your spouse to address this pattern?

(Example: 'I've noticed we handle decisions differently. Can we talk about how your family's style affects us?')

8. What is ONE boundary or agreement could you create together to break this pattern?

(Example: 'Before we decide, we discuss together first, then you can get your parent's input if you want.')

MODULE 1 — KNOW BEFORE YOU COMMIT (Continued)

PART 3: MY GROWTH COMMITMENT

Before I move to Module 2, I commit to:

- Have a calm, honest conversation with my spouse about what I learned
- Share the family pattern I identified with my spouse
- Propose ONE specific boundary or agreement to address this pattern
- Listen to my spouse's perspective without judgment or defensiveness
- Approach my spouse's family patterns with grace and wisdom

MY BIGGEST TAKEAWAY FROM MODULE 1:

(What is the most important principle or insight you gained from this module?)

MY ACTION PLAN FOR THIS WEEK:

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

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MODULE 1 — KNOW BEFORE YOU COMMIT (Continued)

HOW THIS WILL CHANGE MY MARRIAGE:

(What specific change do you expect to see in how you and your spouse interact with their family?)

WHEN WILL YOU DISCUSS THIS WITH YOUR SPOUSE?

Date: _____ Time: _____

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