

# **MODULE 10 — HOW TO HAVE THE HARD CONVERSATION**

## **Learning & Application Worksheet**

**INSTRUCTIONS:** Complete this worksheet after reviewing Module 10 content. Master the skills needed for difficult, important conversations. Be honest and specific.

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

- 1. What hard conversations have you been avoiding with your spouse?**
- 2. What fears or concerns keep you from having these conversations?**
- 3. How do past difficult conversations affect your willingness to have new ones?**
- 4. What outcome do you hope for from having a hard conversation with your spouse?**

# MODULE 10 — HOW TO HAVE THE HARD CONVERSATION (Continued)

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

5. What is the most important hard conversation you need to have right now?

6. How will you prepare and frame this conversation to invite openness?

*(Example: 'I value our marriage and need to discuss something important')*

7. How will you handle your spouse's response if it is not what you hoped for?

# MODULE 10 — HOW TO HAVE THE HARD CONVERSATION (Continued)

## PART 3: MY GROWTH COMMITMENT & COURSE REFLECTION

**As I complete this communication course, I commit to:**

- Have the hard conversation I've been avoiding
- Prepare carefully and speak with love and honesty
- Listen fully to my spouse's perspective
- Work toward mutual understanding and solutions
- Continue improving my communication skills

## MY BIGGEST TAKEAWAY FROM THIS ENTIRE COURSE:

*(What is the most important principle you learned about communication?)*

## MY COMMITMENT TO BETTER COMMUNICATION GOING FORWARD:

*(How will you continue to apply these principles in your marriage?)*