

MODULE 2 — TALKING VS. CONNECTING

Learning & Application Worksheet

INSTRUCTIONS: Complete this worksheet after reviewing Module 2 content. Learn the difference between surface-level conversation and emotional connection. Be honest and specific.

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

- 1. Explain the difference between 'talking' and 'connecting' in marriage:**

- 2. How often do you and your spouse engage in surface-level conversation versus meaningful connection?**

- 3. What barriers prevent deeper emotional connection between you and your spouse?**

- 4. Describe a time when you felt truly connected to your spouse during a conversation:**

MODULE 2 — TALKING VS. CONNECTING (Continued)

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

5. What prevents your conversations from becoming emotionally connected interactions?

6. What ONE change will you make to move from talking to connecting?

(Example: 'I will ask about feelings, not just facts' or 'I will share my emotions more openly')

7. How will you create intentional time for deeper conversations with your spouse?

MODULE 2 — TALKING VS. CONNECTING (Continued)

PART 3: MY GROWTH COMMITMENT

Before I move to Module 3, I commit to:

- Have one intentional conversation focused on emotional connection
- Ask questions about my spouse's feelings and inner world
- Share my own emotions and vulnerabilities
- Move beyond surface-level communication
- Create space for deeper emotional intimacy

MY BIGGEST TAKEAWAY FROM MODULE 2:

(What is the most important principle about connecting in conversation?)

MY ACTION PLAN FOR THIS WEEK:

(List 2-3 specific actions to deepen your emotional connection)