

MODULE 8 — THE SILENCE THAT SPEAKS

Learning & Application Worksheet

INSTRUCTIONS: Complete this worksheet after reviewing Module 8 content. Learn to understand and communicate through silence and nonverbal cues. Be honest and specific.

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

1. What does 'the silence that speaks' mean in marriage communication?
2. How does your spouse respond to silence or withdrawal?
3. What emotions or messages do you communicate through silence?
4. What nonverbal cues does your spouse give that indicate their feelings?

MODULE 8 — THE SILENCE THAT SPEAKS (Continued)

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

5. How do you use silence in your marriage—helpfully or harmfully?

6. What will you do instead of withdrawing or going silent?

(Example: 'I will take a break but communicate when I'll return to the conversation')

7. How will you better understand and respond to your spouse's nonverbal cues?

MODULE 8 — THE SILENCE THAT SPEAKS (Continued)

PART 3: MY GROWTH COMMITMENT

Before I move to Module 9, I commit to:

- Break the pattern of withdrawal or silent treatment
- Take breaks but communicate my intentions
- Pay attention to nonverbal cues from my spouse
- Ask questions when I notice emotional withdrawal
- Use silence as a tool for reflection, not punishment

MY BIGGEST TAKEAWAY FROM MODULE 8:

(What is the most important principle about silence and nonverbal communication?)

MY ACTION PLAN FOR THIS WEEK:

(List 2-3 specific actions to improve nonverbal communication)