

MODULE 1 — LISTEN BEFORE YOU SPEAK

Learning & Application Worksheet

INSTRUCTIONS: Complete this worksheet after reviewing Module 1 content. This worksheet helps you measure your listening skills and plan how to communicate more effectively with your spouse. Be honest and specific in your responses.

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

- 1. What does 'listen before you speak' mean in the context of marriage communication?**
- 2. Describe your typical listening habits during conversations with your spouse:**
- 3. What barriers prevent you from truly listening to your spouse?**
- 4. How does your spouse respond when they don't feel heard?**

MODULE 1 — LISTEN BEFORE YOU SPEAK (Continued)

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

5. What is the biggest challenge you face in listening to your spouse without interrupting?

6. What ONE habit will you change to become a better listener?

(Example: 'I will put my phone away during conversations' or 'I will ask clarifying questions before responding')

7. How will you create a safe space for your spouse to share their thoughts and feelings?

MODULE 1 — LISTEN BEFORE YOU SPEAK (Continued)

PART 3: MY GROWTH COMMITMENT

Before I move to Module 2, I commit to:

- Practice active listening in our next conversation
- Eliminate distractions (phone, TV, etc.) during conversations
- Ask clarifying questions before offering my perspective
- Validate my spouse's feelings without judgment
- Make my spouse feel heard and understood

MY BIGGEST TAKEAWAY FROM MODULE 1:

(What is the most important principle about listening in marriage?)

MY ACTION PLAN FOR THIS WEEK:

(List 2-3 specific actions you will take to improve your listening)