

MODULE 7 — A POSITIVE ATTITUDE

The Atmosphere She Creates

STEP 1 — SELF-ASSESSMENT (complete before the module)

On a scale of 1–10, how positive, warm, and inviting is the emotional atmosphere I create in our home and in our interactions?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“It is sweet people that create a sweet marriage.”

“Her emotional tone shapes his willingness to come home, open up, and engage.”

STEP 2 — HIS VOICE (he answers in his own words)

What is the emotional atmosphere like when you come home? What do you feel when you walk through the door?

HIM	HER

STEP 3 — ACTION COMMITMENT (wife completes)

One specific shift in my attitude or tone I will make this week to create a sweeter atmosphere:

STEP 4 — REFLECTION (honest, private, written)

Am I sweet to be around? What patterns of negativity or criticism have I introduced into our home?

AFTER THE MODULE — Alignment Check

What is the one thing I commit to doing differently in this area starting today?

Signed: _____ Date: _____