

HOW TO WIN HER BACK — MODULE 4
BUILDING THE EVIDENCE

Words Open a Door. Consistent Changed Behaviour Walks Through It

TOOL 4 — Building the Evidence

PART 1 — THE HONESTY TEST

Answer before you read the rest of this tool. One sentence each. No thinking too long.

1. Why are you changing? Write your honest answer — not the answer that sounds right.

2. If she came back tomorrow and things returned to normal, would you keep doing the work you are doing now? Be honest.

3. What has your behaviour looked like when she has not responded to your effort? Have you stayed consistent or pulled back?

PART 2 — YOUR 30-DAY EVIDENCE PLAN

She is not measuring grand gestures. She is measuring consistency in small things. Write one specific, concrete behaviour for each area below. Vague answers do not count.

SPIRITUAL LEADERSHIP

What I will do consistently, whether she participates or not:

EMOTIONAL PRESENCE

How I will show up differently in the home day to day:

PRACTICAL SERVICE

One tangible thing I will take ownership of without being asked:

COMMUNICATION

How I will handle the next difficult moment differently than before:

PERSONAL GROWTH

What I am doing to change internally, not just behaviourally:

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PART 3 — 30-DAY CONSISTENCY TRACKER

Tick each day you showed up as committed. No partial credit. Either you did it or you did not. At 30 days, review your pattern.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Days completed: _____ / 30 25-30 = Consistent 15-24 = Inconsistent Below 15 = She already knows

PART 4 — THE MOTIVE CHECK

A man changing to get his wife back will stop changing the moment she returns. A man changing because he sees who he was will still be changed ten years from now. Answer each question without editing yourself.

4. What would your behaviour look like in 90 days if she decided not to come back? Would you still do the work?

5. What does the man you are becoming look like? Describe him specifically — not what he does for her, but who he is.

PART 5 — SELF-ASSESSMENT

Rate yourself. 1 = Never true. 5 = Consistently true.

STATEMENT	1	2	3	4	5
My changed behaviour holds when she is not watching or responding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am changing because I see who I was — not only to win her back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have been consistent for more than two weeks without wavering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have not used my effort as leverage or drawn attention to it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Small daily acts are my strategy — not grand occasional gestures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I could describe specifically what changed in me, not just what I am doing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL: _____ / 30 24-30 = Evidence building 15-23 = Inconsistent Below 15 = Your motive needs examination

CONSISTENCY WITHOUT AN AUDIENCE IS THE ONLY EVIDENCE THAT COUNTS.

I commit to building evidence she can see, feel, and trust over time. I will not demand she notice. I will not keep score. I will show up the same way on day thirty as I did on day one.

Signature _____

Date _____