

MODULE 7 — COMMUNICATE YOUR NEEDS

Learning & Application Worksheet

INSTRUCTIONS: Complete this worksheet after reviewing Module 7 content. Learn to express your needs clearly and respectfully. Be honest and specific.

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

1. What is the difference between expressing needs and making demands?
2. What are your primary unmet needs in your marriage?
3. How comfortable are you expressing your needs to your spouse?
4. What fears or beliefs prevent you from openly communicating your needs?

MODULE 7 — COMMUNICATE YOUR NEEDS (Continued)

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

5. What is ONE important need you haven't clearly communicated to your spouse?

6. How will you express this need in a way that invites understanding rather than defensiveness?

(Example: 'I need to feel valued' or 'I need more time together')

7. What will you do if your spouse's initial response is resistance or dismissal?

MODULE 7 — COMMUNICATE YOUR NEEDS (Continued)

PART 3: MY GROWTH COMMITMENT

Before I move to Module 8, I commit to:

- Identify and articulate my primary needs clearly
- Express my needs without blame or criticism
- Use 'I' statements to communicate my needs
- Invite my spouse's understanding and cooperation
- Listen to my spouse's needs as well

MY BIGGEST TAKEAWAY FROM MODULE 7:

(What is the most important principle about communicating needs?)

MY ACTION PLAN FOR THIS WEEK:

(List 2-3 specific actions to communicate your needs)