

MODULE 1 — RESPECT

The Foundation He Stands On

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

On a scale of 1–10, how consistently do I communicate respect to my husband — in my words, my tone, and my attitude toward his leadership?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“Respect directly elevates testosterone and regulates cortisol in men.”

“She respects the position God assigned — not merely the performance of the man who holds it.”

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

In what specific ways do you most feel respected by me? Where do you feel most disrespected — even if I don’t intend it?

HIM	HER

STEP 3 — ACTION COMMITMENT (wife completes)

One specific act of respect I will show my husband this week — in words, in front of the children, or in how I treat his decisions:

STEP 4 — REFLECTION (honest, private, written)

Where has my tongue been the instrument of disrespect in our marriage? What pattern do I need to break — and what will replace it?

AFTER THE MODULE — Alignment Check

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

Signed: _____ Date: _____