

MODULE 7 – NEVER SHAME – ALWAYS HONOR

Dignity Intact, Every Time

Proverbs 15:1 / Proverbs 12:18

STEP 1 – SELF-ASSESSMENT (complete individually before discussing)

On a scale of 1–10, how consistently do I honor my spouse’s dignity during conflict – never shaming them publicly, privately, or in front of our children?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“Without honor, there is no safety. Without safety, there is no real resolution.”

“Choosing honor in conflict is a sacred decision – to treat your spouse as an image-bearer of God.”

STEP 2 – YOUR PARTNER’S VOICE (both respond in their own words)

Have I ever shamed you – in public, in private, or in front of the children – during or after a conflict? What did that feel like, and what do you need from me in those moments?

HIM	HER
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STEP 3 – ACTION COMMITMENT (each spouse completes)

One specific way I will demonstrate honor toward my spouse this week – especially in a moment of tension or disagreement:

STEP 4 – REFLECTION (honest, private, written)

When conflict is at its worst, what do I say or do that most damages my spouse’s dignity? What habit, word, or pattern do I need to break – and what will replace it?

AFTER THE MODULE – Alignment Check

What is the one change we will both commit to making in how we handle conflict, starting today?

Signed: _____ Date: _____