

# MODULE 7 — SPEAKING DESIRE CLEARLY

*What You Need and Why You've Been Afraid to Say It*

*"Let my beloved come to his garden and eat its choicest fruits." — Song of Solomon 4:16*

*"Desire that is never spoken becomes need that is never met — and unmet need accumulates as resentment whether you name it or not."*

*"There is a critical difference between expressing desire and making a demand — one opens a door, the other locks it."*

## STEP 1 — SELF-ASSESSMENT (1-10 RATING + YOUR REFLECTION)

On a scale of 1-10, how clearly and vulnerably do I communicate what I actually want from my spouse — emotionally, physically, and spiritually?

1	2	3	4	5	6	7	8	9	10
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## STEP 2 — BOTH VOICES (WRITE YOURS, THEN HEAR YOUR SPOUSE'S)

### MY PERSPECTIVE

### SPOUSE'S PERSPECTIVE

Is there something you have wanted from me — emotionally or physically — that you have never said plainly? What has stopped you from saying it? What would you most want me to know?

## STEP 3 — ACTION COMMITMENT (WHAT I WILL DO THIS WEEK)

One desire I have been carrying in this marriage that I have never spoken clearly — that I will say this week, as a request not a demand:

## STEP 4 — DEEPER REFLECTION

What am I afraid will happen if I say what I actually want? What has the silence already cost us? What would change in this marriage if both of us named our needs honestly and without ultimatum?

## ALIGNMENT CHECK — AFTER THE MODULE

We agree that one unspoken need we will each name to the other this week — vulnerably, not as a demand — is: \_\_\_\_\_.

Signed:

Signed:

Date: \_\_\_\_\_