

MODULE 8 — AFFIRMATION

The Voice She Needs to Hear — Specific, Not Generic

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

On a scale of 1–10, how specifically and regularly do I affirm my wife — her character, her work, and her perspective?

My Rating	1	2	3	4	5	6	7	8	9	10
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“Name what you see in her before she has to wonder if you see it.”

“The day she stops offering her perspective is the day you stopped valuing it.”

STEP 2 — HER VOICE (she answers in her own words)

What do I say — or not say — that makes you feel most seen and valued? What specific affirmation do you most need to hear from me?

HIM	HER
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STEP 3 — ACTION COMMITMENT (husband completes)

One specific, detailed affirmation I will speak to my wife this week — naming exactly what I see and why it matters:

STEP 4 — REFLECTION (honest, private, written)

When did I last specifically praise my wife? What is one quality, decision, or act of hers that I have noticed but never named out loud?

AFTER THE MODULE — Alignment Check

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

Signed: _____ Date: _____