

## MODULE 3 — LISTEN BEFORE YOU SPEAK

*Understanding Must Come Before Resolution*

James 1:19 / Proverbs 18:13

### STEP 1 — SELF-ASSESSMENT (complete individually before discussing)

On a scale of 1–10, how well do I truly listen to my spouse during conflict — not just waiting to respond, but seeking to understand the emotion behind the words?

<b>My Rating:</b>	1	2	3	4	5	6	7	8	9	10
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*“The real meaning in any argument is almost never in the words being said.”*

*“You show someone you love them by giving them your full, undivided attention.”*

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

During our conflicts, do you feel genuinely heard by me? What do I do — or stop doing — that makes you feel most listened to?

HIM	HER
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### STEP 3 — ACTION COMMITMENT (each spouse completes)

**One specific listening habit I will practice this week — whether in conflict or in everyday conversation — and what I will stop doing that gets in the way:**

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### STEP 4 — REFLECTION (honest, private, written)

What do I typically do when my spouse is speaking during an argument — do I listen or prepare my response? What emotion am I missing because I am not truly hearing them?

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### AFTER THE MODULE — Alignment Check

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

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