

## MODULE 3 — EMOTIONAL INTIMACY FIRST

*You Cannot Get to Physical Without This*

*"Keep your heart with all vigilance, for from it flow the springs of life." — Proverbs 4:23*

*"Emotional intimacy is the precondition for sustainable physical intimacy — couples who skip this step find that physical reconnection does not last."*

*"To be emotionally intimate is to be known — to allow your spouse to see your actual inner world: your fears, your needs, your failures, your hopes."*

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

On a scale of 1-10, how emotionally known am I to my spouse right now — not historically, but as I actually am today?

1      2      3      4      5      6      7      8      9      10

### STEP 2 — BOTH VOICES (WRITE YOURS, THEN HEAR YOUR SPOUSE'S)

#### MY PERSPECTIVE

#### SPOUSE'S PERSPECTIVE

Do you feel like you know what is really going on inside me right now — what I'm carrying, what I'm afraid of, what I'm hoping for? What would you most want to know?

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

One thing I am currently carrying that my spouse does not know about — that I will share with them this week:

### STEP 4 — DEEPER REFLECTION

What part of my inner world have I kept closed from my spouse — and why? What am I afraid will happen if they truly see it? What is the cost of keeping it hidden?

### ALIGNMENT CHECK — AFTER THE MODULE

We commit to one daily practice of emotional check-in — not logistics, but real — and it will be:

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Signed:

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Signed:

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Date: -----