

MODULE 4 — SPEAK TRUTH IN LOVE — ATTACK THE PROBLEM

Win the Person, Not the Argument

Ephesians 4:29 / Matthew 12:37

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

On a scale of 1–10, how consistently do I speak truthfully to my spouse in a way that is loving, constructive, and focused on the problem — rather than the person?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“You are never persuasive when you are abrasive.”

“Truth without love is resisted. Truth with love is received.”

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

When I express frustration or disagreement, how do my words typically land for you? Is there a tone, phrase, or pattern I use that makes it hard for you to receive what I am saying?

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

One communication habit I will change this week — replacing a harmful pattern with a specific, constructive alternative:

STEP 4 — REFLECTION (honest, private, written)

Which of Gottman’s Four Horsemen — criticism, contempt, defensiveness, or stonewalling — do I most default to? What does that cost my spouse when I do?

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: _____