

MODULE 4 — HONESTY

The Truth She Builds On — HOT: Honesty, Openness, Transparency

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

On a scale of 1–10, how fully known am I to my wife — in my struggles, fears, thoughts, and daily life?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“She doesn’t need a perfect man. She needs a knowable one.”

“What she doesn’t know doesn’t protect her — it terrifies her.”

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

Is there any area where you feel you don’t fully know me? What would you most want me to open up about?

HIM	HER
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STEP 3 — ACTION COMMITMENT (husband completes)

One thing I have not been fully open about that I will share with my wife this week:

STEP 4 — REFLECTION (honest, private, written)

What am I withholding from my wife — not necessarily secrets, but areas of myself I keep closed? Why? What would change if she could see in?

AFTER THE MODULE — Alignment Check

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

Signed: _____ Date: _____