

MODULE 2 — PURSUE AGAIN

The Decision to Choose Your Spouse Every Day

“Therefore I am now going to allure her; I will lead her into the wilderness and speak tenderly to her.” – Hosea 2:14

“Pursuit is what created the relationship – and the withdrawal of pursuit is what created the roommate dynamic.”

“To pursue again means to initiate – to reach first, ask first, plan first, without waiting for the other person to go first.”

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

On a scale of 1-10, how intentionally am I currently pursuing my spouse – not out of obligation, but as a genuine choice to keep choosing them?

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

When do you feel most pursued by me – most chosen, most wanted? And when do you feel most invisible to me? What is the difference?

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

One specific act of pursuit I will initiate this week – something deliberate, first, and designed to make my spouse feel chosen:

STEP 4 — DEEPER REFLECTION

When did I stop pursuing my spouse – and what did I tell myself that made it feel acceptable? What am I waiting for before I begin again? What has the delay already cost us?

ALIGNMENT CHECK — AFTER THE MODULE

We agree that one pursuit ritual we will build into our week – something small, consistent, and chosen – is _____.

Signed:

Signed:

Date: _____