

MODULE 1 — HOW YOU GOT HERE

Understanding the Drift That Killed the Passion

"I have this against you: you have abandoned the love you had at first." — Revelation 2:4

"The roommate dynamic is never chosen — it is the slow accumulation of small disconnections that were never addressed."

"The absence of conflict does not mean the presence of connection — many roommate marriages are perfectly peaceful and completely empty."

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

On a scale of 1-10, how honest am I willing to be right now about the distance that has grown in this marriage — and about my own contribution to it?

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 first remember feeling like we had started to drift? What was happening then — and what did you wish I had done differently?

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

One deliberate act of re-engagement I will take this week — not a grand gesture, just one intentional move toward my spouse:

STEP 4 — DEEPER REFLECTION

What was the first thing we stopped doing together? What did I tell myself that made it feel acceptable? What was my role in the distance between us?

ALIGNMENT CHECK — AFTER THE MODULE

We agree that the drift began when _____ and the first step we will take together to reverse it is _____.

Signed:

Signed:

Date: _____