

## MODULE 4 — THE FRIENDSHIP FOUNDATION

*Soulmates Were Best Friends First*

*"This is my beloved and this is my friend." — Song of Solomon 5:16*

*"The couples who last longest are those who describe their spouse as their best friend — this is not sentiment, it is data."*

*"Curiosity about your spouse must be actively maintained — the assumption that you already know everything is friendship's slow poison."*

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

On a scale of 1-10, how well do I currently know my spouse's inner world — their present fears, current hopes, and what is actually on their mind right now?

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 like my friend — most genuinely enjoyed, not just lived with? What do I do that makes you feel like I actually like you?

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

One question I will ask my spouse this week that I do not already know the answer to — something that shows I am still curious about who they are:

### STEP 4 — DEEPER REFLECTION

When did I stop being curious about my spouse? What have I assumed I already know that I may have wrong? What is one thing about them right now that I should find out?

### ALIGNMENT CHECK — AFTER THE MODULE

One recurring time we will protect each week for friendship — no agenda, no phones, just the two of us — is: \_\_\_\_\_.

Signed:

\_\_\_\_\_

Signed:

\_\_\_\_\_

Date: \_\_\_\_\_