

MODULE 9 — GUARD YOUR HOME

Protecting Your Marriage from Family Intrusion Worksheet

INSTRUCTIONS: Complete this worksheet individually, then discuss your answers with your spouse. Be honest about what you have observed, not what you wish were true.

1. UNINVITED VISITS & ACCESS

Do in-laws drop by without asking or giving notice?

What is your expectation about how much notice they should give before visiting?

Does your spouse expect you to always be available when family wants to visit?

2. CRITICISM OF YOUR HOME & FAMILY

Do in-laws criticize how you run your household, raise your children, or manage your marriage?

Do they suggest 'improvements' or make comments about how things are done differently in their home?

How does your spouse respond when their parents criticize your home or family?

3. UNDERMINING YOUR PARENTING

If you have children, do in-laws undermine your parenting decisions or authority?

Do they give your children gifts, privileges, or money without your permission?

Do they 'rescue' your children from consequences you've set?

4. HOLIDAYS & CELEBRATIONS

How much influence do in-laws have over how you spend holidays?

Do you feel obligated to include them in celebrations?

Has there been conflict about whose family comes first or takes priority?

5. YOUR HOME AS YOUR SANCTUARY

Do you feel safe and at peace in your own home?

Is your home a refuge from the world, or does it feel invaded by family drama?

What changes would make your home feel more like a protected space for your marriage?

KEY REFLECTION: How well are you guarding your home and marriage from unhealthy family interference?

What boundaries do you need to establish to make your home a true sanctuary?