

MODULE 10 — VULNERABILITY

The Depth She Is Reaching For — The Final Invitation

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

On a scale of 1–10, how emotionally accessible am I to my wife — do I let her see my fears, doubts, and struggles, or only my victories?

My Rating	1	2	3	4	5	6	7	8	9	10
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“The strongest thing you can do is let her see where you are weak.”

“Your walls are not protecting her. They are separating you from her.”

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

Do you feel like you can reach me emotionally? What walls do you sense in me? What would you most want access to?

HIM	HER
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STEP 3 — ACTION COMMITMENT (husband completes)

One fear, struggle, or uncertainty I will share with my wife this week — something I normally keep to myself:

STEP 4 — REFLECTION (honest, private, written)

What am I protecting myself from by staying emotionally closed? What is that wall costing my wife and our marriage?

AFTER THE MODULE — Alignment Check

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

Signed: _____ Date: _____