

MODULE 5 — TALK

The Connection She Lives Through — Heard, Not Fixed

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

On a scale of 1–10, how well do I initiate meaningful conversation and truly listen without fixing, defending, or redirecting?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“The man who asks first wins the heart first.”

“She doesn’t need your answers. She needs your attention.”

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

Do you feel heard by me? What would better listening look like in practical terms?

HIM	HER
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STEP 3 — ACTION COMMITMENT (husband completes)

One conversation I will initiate this week — and what I will ask:

STEP 4 — REFLECTION (honest, private, written)

When my wife talks, what is my default response — fix, advise, minimise, or receive? What needs to change about how I listen?

AFTER THE MODULE — Alignment Check

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

Signed: _____ Date: _____