

# MODULE 5 — PROTECT YOUR SPOUSE

## Defending Your Marriage from Boundary Violations 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. CRITICISM & JUDGMENT

Do your spouse's parents criticize them to you? How do you typically respond?

Do in-laws criticize you or your marriage? How does your spouse respond?

Have you set boundaries about how family members can speak about your spouse or marriage?

### 2. PRIVACY VIOLATIONS

Do in-laws ask invasive questions about your marriage or private matters?

Does your spouse tell their parents details about your intimate life, finances, or arguments?

Have you discussed what is appropriate to share with in-laws?

### 3. INTERFERENCE IN DECISIONS

Do in-laws pressure your spouse to make decisions your way or theirs?

Do they undermine your authority or your spouse's respect for you?

How does your spouse respond when you feel disrespected by family members?

### 4. EMOTIONAL DUMPING

Do in-laws use your spouse as an emotional support for their problems?

Does your spouse feel responsible for managing their parents' stress or unhappiness?

Are you expected to help support in-laws emotionally or practically?

### 5. YOUR PROTECTIVE ROLE

How do you currently protect your marriage from unhealthy family involvement?

What areas do you feel your spouse needs more protection in?

Is your spouse willing to set boundaries with family to protect your marriage?

**KEY REFLECTION: Where do you most need to protect your spouse from family interference?**

**How can you have this conversation with your spouse to strengthen your marriage unity?**