

Couple Discussion Worksheet

A Guide for Meaningful Conversations Between Husbands and Wives

Purpose

The Couple Discussion Worksheet is designed to help husbands and wives have respectful, focused, and meaningful conversations about their marriage.

This worksheet may be used:

- Privately by a husband and wife
- During a marriage ministry class
- In a Blueprint Series™ study
- During a couple retreat
- As part of a small-group activity
- During a marriage workshop
- In preparation for pastoral guidance
- During an annual marriage review
- When discussing an important decision
- When developing a marriage action plan

The goal is not to determine who is right or wrong.

The goal is to help each spouse:

- Speak clearly
- Listen carefully
- Better understand the other
- Identify areas of agreement
- Clarify areas of difference
- Accept personal responsibility
- Select practical next steps
- Strengthen the marriage through intentional conversation

Important Use Guidelines

This worksheet is designed for marriage enrichment and guided discussion.

It is not intended to replace:

- Pastoral care
- Professional counseling
- Mental health treatment
- Legal advice
- Domestic violence services
- Emergency assistance

Do not use this worksheet to privately confront a spouse about:

- Physical violence
- Threats
- Sexual coercion
- Child abuse
- Stalking
- Immediate danger
- Severe emotional distress
- Suicidal thoughts
- Serious addiction
- Weapons used during conflict

Seek appropriate pastoral, professional, legal, or emergency assistance when safety concerns are present.

Couple Information

Husband's Name: _____

Wife's Name: _____

Date: _____

Discussion Topic: _____

Location: _____

Planned Discussion Length: _____

Before You Begin

Choose an Appropriate Time

Before beginning, confirm that:

- ☐ We have enough time to complete the conversation.
- ☐ Neither spouse is rushing to another responsibility.
- ☐ We are not beginning during an active argument.
- ☐ We have selected a reasonably private location.
- ☐ We can reduce distractions.
- ☐ We are both willing to participate.
- ☐ We understand that we may pause if the conversation becomes unproductive.

Remove Distractions

- ☐ Silence or put away phones.
 - ☐ Turn off the television.
 - ☐ Complete urgent responsibilities first.
 - ☐ Arrange childcare when necessary.
 - ☐ Bring any documents needed for the discussion.
 - ☐ Have the worksheet and pens available.
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Opening Prayer

Use the following prayer or pray in your own words.

Lord, give us wisdom, patience, humility, and understanding. Help us speak honestly without causing unnecessary harm. Help us listen carefully without becoming defensive. Show us what each of us should learn, accept, and change. Guide us toward decisions and actions that honor You and strengthen our marriage. In Jesus' name, amen.

Our Conversation Commitment

Before beginning, read and agree to the following commitments.

During this conversation, we agree to:

- ☐ Speak respectfully.
- ☐ Allow each other to finish speaking.
- ☐ Avoid insults, sarcasm, and name-calling.
- ☐ Avoid raising our voices.
- ☐ Focus on the current topic.
- ☐ Avoid bringing up unrelated past mistakes.
- ☐ Speak from our own perspective.
- ☐ Avoid telling the other person what they think or feel.
- ☐ Ask questions before making assumptions.
- ☐ Seek understanding before offering a response.
- ☐ Accept responsibility for our own behavior.
- ☐ Avoid demanding an immediate solution.
- ☐ Take a break if the conversation becomes disrespectful or unproductive.
- ☐ Return to the conversation at an agreed-upon time.

Husband's Initials: _____

Wife's Initials: _____

Conversation Topic

What specific topic do we need to discuss?

Why is this topic important?

What decision, understanding, or outcome do we hope to reach?

Define the Topic Clearly

This Conversation Is About

This Conversation Is Not About

The Most Important Question We Need to Answer

Individual Preparation

Complete this section separately before discussing your answers.

Husband's Preparation

My Perspective

How do I currently understand the issue?

What facts do I believe are important?

What concerns do I have?

What outcome would I prefer?

What am I willing to reconsider?

What personal responsibility do I need to accept?

What do I want my wife to understand?

What question do I need to ask my wife?

Wife's Preparation

My Perspective

How do I currently understand the issue?

What facts do I believe are important?

What concerns do I have?

What outcome would I prefer?

What am I willing to reconsider?

What personal responsibility do I need to accept?

What do I want my husband to understand?

What question do I need to ask my husband?

Round One: Husband Speaks and Wife Listens

Husband's Speaking Guide

The husband may use the following statements:

The way I understand this situation is...

The part that concerns me most is...

What I hope we can accomplish is...

One responsibility I recognize is...

What I would like you to understand is...

Husband's Main Point

Wife's Listening Guide

While the husband speaks, the wife should:

- ☐ Give full attention.
- ☐ Avoid interrupting.
- ☐ Avoid preparing a rebuttal.
- ☐ Listen for the main concern.
- ☐ Listen for the desired outcome.
- ☐ Notice any personal responsibility he accepts.
- ☐ Write questions that require clarification.

Wife's Understanding

What I hear my husband saying is:

His primary concern appears to be:

The outcome he would prefer is:

The responsibility he acknowledged is:

Wife's Clarifying Question

Husband's Confirmation

- ☐ My wife understood my main point accurately.
- ☐ My wife understood part of my point.
- ☐ I need to clarify my point.

Clarification:

Round Two: Wife Speaks and Husband Listens**Wife's Speaking Guide**

The wife may use the following statements:

The way I understand this situation is...

The part that concerns me most is...

What I hope we can accomplish is...

One responsibility I recognize is...

What I would like you to understand is...

Wife's Main Point

Husband's Listening Guide

While the wife speaks, the husband should:

- ☐ Give full attention.
- ☐ Avoid interrupting.
- ☐ Avoid preparing a rebuttal.
- ☐ Listen for the main concern.
- ☐ Listen for the desired outcome.
- ☐ Notice any personal responsibility she accepts.
- ☐ Write questions that require clarification.

Husband's Understanding

What I hear my wife saying is:

Her primary concern appears to be:

The outcome she would prefer is:

The responsibility she acknowledged is:

Husband's Clarifying Question

Wife's Confirmation

- ☐ My husband understood my main point accurately.
- ☐ My husband understood part of my point.
- ☐ I need to clarify my point.

Clarification:

Facts, Interpretations, and Feelings

Couples often experience conflict because facts, interpretations, and feelings become mixed together.

Facts

What information can both spouses verify?

Husband's Interpretation

What meaning has the husband assigned to the facts?

Wife's Interpretation

What meaning has the wife assigned to the facts?

Husband's Feelings or Concerns

Wife's Feelings or Concerns

What Needs Further Clarification?

Areas of Agreement

What do we already agree about?

- ☐ The facts
- ☐ The importance of the topic
- ☐ The need for a decision
- ☐ The desired outcome
- ☐ The values that should guide the decision
- ☐ The need for additional information
- ☐ The need for more time
- ☐ The need for pastoral guidance
- ☐ The need for professional assistance

Our Areas of Agreement

1. _____
2. _____
3. _____
4. _____
5. _____

Areas of Difference

Where do our perspectives differ?

Are we disagreeing about:

- ☐ Facts
- ☐ Priorities
- ☐ Timing
- ☐ Cost
- ☐ Responsibilities
- ☐ Expectations
- ☐ Communication
- ☐ Risk
- ☐ Family impact
- ☐ Spiritual concerns
- ☐ The preferred solution
- ☐ Something else: _____

The Main Difference We Need to Address

Understanding the Difference

Husband's Perspective

Why is this issue important to the husband?

What value or concern may be influencing his perspective?

Wife's Perspective

Why is this issue important to the wife?

What value or concern may be influencing her perspective?

What Have We Learned About Each Other?

Assumptions Check

Husband's Assumptions

What have I assumed about my wife's:

Motives?

Intentions?

Priorities?

Feelings?

Which assumption do I need to verify?

Wife's Assumptions

What have I assumed about my husband's:

Motives?

Intentions?

Priorities?

Feelings?

Which assumption do I need to verify?

Personal Responsibility**Husband's Responsibility**

What did I do that contributed to the concern?

What could I have communicated more clearly?

What behavior do I need to change?

What apology, correction, or follow-through may be needed?

Wife's Responsibility

What did I do that contributed to the concern?

What could I have communicated more clearly?

What behavior do I need to change?

What apology, correction, or follow-through may be needed?

Appreciation Before Problem-Solving

Before discussing solutions, identify something positive.

Husband's Appreciation

One thing I appreciate about my wife's participation in this conversation is:

Wife's Appreciation

One thing I appreciate about my husband's participation in this conversation is:

Solution Development

List possible solutions without immediately criticizing them.

Possible Solution One

Benefits:

Concerns:

Possible Solution Two

Benefits:

Concerns:

Possible Solution Three

Benefits:

Concerns:

Possible Solution Four

Benefits:

Concerns:

Decision Filter

Evaluate each possible solution.

Biblical Alignment

Does the solution align with biblical principles?

Marriage Impact

How may the solution affect our marriage?

Family Impact

How may the solution affect our family?

Financial Impact

What cost or financial responsibility is involved?

Time Impact

What time commitment is involved?

Responsibility

Who will be responsible for completing each part?

Risk

What problems could result from this solution?

Sustainability

Can we realistically maintain this decision?

Purpose Alignment

Does the solution support our family and marriage purpose?

Our Decision

- ☐ We reached a decision.
- ☐ We reached a temporary decision.
- ☐ We need additional information.
- ☐ We need more time.
- ☐ We need pastoral guidance.
- ☐ We need professional assistance.
- ☐ We agree to revisit the topic.

Decision or Current Conclusion

Why We Selected This Decision

Action Plan**Action Step One**

Action:

Responsible Person:

Completion Date:

Action Step Two

Action:

Responsible Person:

Completion Date:

Action Step Three

Action:

Responsible Person:

Completion Date:

Action Step Four

Action:

Responsible Person:

Completion Date:

Communication Plan

How will we communicate progress?

- ☐ Brief daily check-in
- ☐ Weekly conversation
- ☐ Text reminder
- ☐ Shared calendar
- ☐ Written action list
- ☐ Monthly review
- ☐ Pastoral follow-up
- ☐ Other: _____

Our next progress conversation will occur on:

Date: _____

Time: _____

Location: _____

Individual Commitments**Husband's Commitment**

One behavior I will practice is:

I will begin on:

My wife will be able to observe this behavior when I:

Wife's Commitment

One behavior I will practice is:

I will begin on:

My husband will be able to observe this behavior when I:

Apology and Repair

Complete this section when an apology or correction is needed.

Husband's Reflection

What do I need to acknowledge?

What impact may my behavior have had?

My apology:

What I will do differently:

Wife's Reflection

What do I need to acknowledge?

What impact may my behavior have had?

My apology:

What I will do differently:

When We Do Not Agree

Couples may not reach agreement during one conversation.

When agreement is not reached, complete the following.

What We Agree to Avoid

- ☐ Insults
- ☐ Threats
- ☐ Silent punishment
- ☐ Public criticism
- ☐ Recruiting others to take sides
- ☐ Making a major decision alone
- ☐ Repeating the same argument without progress
- ☐ Discussing the topic when either spouse is too angry to continue respectfully

What We Agree to Do

- ☐ Gather more information.
- ☐ Pray separately and together.
- ☐ Revisit the conversation.
- ☐ Request pastoral guidance.
- ☐ Seek qualified professional support.
- ☐ Identify a temporary decision.
- ☐ Clarify which parts require immediate action.

Date to Revisit the Topic

Additional Information Needed

Person We May Ask for Guidance

Conversation Pause Plan

A pause may be appropriate when:

- Voices are becoming louder
- Interruptions are increasing
- One spouse feels overwhelmed
- The discussion becomes repetitive
- Disrespectful language begins
- Either spouse needs time to think
- The conversation is no longer productive

Pause Statement

Use a statement such as:

I want to continue this conversation, but I do not believe we are communicating productively right now. I would like us to pause and return to the discussion at an agreed-upon time.

Our Agreed Pause Length

☐ 15 minutes

☐ 30 minutes

☐ One hour

☐ Until later today

☐ Until tomorrow

☐ Other: _____

Date and Time We Will Resume

A pause should not be used to avoid the conversation indefinitely.

Weekly Marriage Conversation

Use this section for a brief weekly check-in.

One Positive Experience From This Week

Husband:

Wife:

One Challenge From This Week

Husband:

Wife:

One Thing I Appreciated

Husband:

Wife:

One Topic We Need to Discuss

One Decision We Need to Make

One Way We Can Support Each Other

One Activity We Will Do Together

Date:

Monthly Marriage Check-In**Communication**

What has been working well?

What needs improvement?

Time Together

Have we spent meaningful time together?

☐ Consistently

☐ Sometimes

☐ Rarely

What adjustment is needed?

Responsibilities

Are responsibilities clear?

☐ Yes

☐ Partially

☐ No

What needs clarification?

Decision-Making

Have we discussed important decisions together?

☐ Consistently

☐ Sometimes

☐ Rarely

What decision needs attention?

Spiritual Growth

How have we supported one another spiritually?

Purpose and Direction

Are our current actions aligned with our family and marriage priorities?

☐ Yes

☐ Partially

☐ No

What adjustment is needed?

Support Needed

Do we need:

☐ More couple discussion

☐ Pastoral guidance

☐ Financial guidance

☐ Professional counseling

☐ Parenting support

☐ Ministry guidance

☐ Additional resources

☐ No additional support at this time

Important Decision Discussion

Use this section when discussing a major decision.

Decision to Be Made

Decision Deadline

Why the Decision Matters

Options**Option One**

Option Two

Option Three

Information We Already Have

Information We Still Need

Financial Considerations

Family Considerations

Spiritual Considerations

Possible Consequences

People We Should Consult

Final Decision

Review Date

Purpose Discussion

What Assignment or Purpose Are We Currently Pursuing?

What Is the Husband's Primary Responsibility?

How Is the Wife Contributing?

What Strengths or Gifts Are We Using?

Husband:

Wife:

What Is Preventing Progress?

What Is Our Next Purpose-Related Action?

Completion Date

Conflict Reflection

Complete this section after both spouses are calm.

What Was the Original Issue?

What Caused the Conversation to Escalate?

- ☐ Interruption
- ☐ Defensive response
- ☐ Raised voices

- ☐ Assumptions
- ☐ Sarcasm
- ☐ Unrelated past issues
- ☐ Poor timing
- ☐ Fatigue
- ☐ Stress
- ☐ Lack of information
- ☐ Unclear expectations
- ☐ Other: _____

What Did the Husband Need to Communicate More Clearly?

What Did the Wife Need to Communicate More Clearly?

What Did the Husband Need to Hear?

What Did the Wife Need to Hear?

What Can We Do Differently Next Time?

Conversation Evaluation

After completing the discussion, rate the conversation.

Use the following scale:

- 1 — Not Demonstrated
- 2 — Demonstrated Rarely
- 3 — Demonstrated Sometimes
- 4 — Demonstrated Consistently
- 5 — Demonstrated Very Well

Conversation Behavior	Husband's Rating	Wife's Rating
We stayed focused on the topic.		
We allowed each other to finish speaking.		
We avoided disrespectful language.		
We asked clarifying questions.		
We accurately restated each other's perspective.		
We accepted personal responsibility.		
We identified areas of agreement.		
We discussed solutions fairly.		
We created a practical next step.		
We ended the conversation respectfully.		

What Went Well?

What Should We Improve During Our Next Conversation?

Follow-Up Review

Complete this section on the agreed review date.

Original Discussion Date: _____

Review Date: _____

Actions Completed

Actions Not Yet Completed

Progress We Have Observed

Challenges That Remain

Adjustments Needed

Additional Support Needed

- ☐ No additional support
- ☐ Pastoral guidance
- ☐ Professional counseling
- ☐ Financial guidance
- ☐ Legal guidance
- ☐ Safety assistance
- ☐ Additional marriage resources
- ☐ Other: _____

Next Review Date

Closing Reflection**Husband**

One thing I understand more clearly about my wife is:

One thing I will do differently is:

Wife

One thing I understand more clearly about my husband is:

One thing I will do differently is:

Together

One thing we agree to work on together is:

Closing Prayer

Lord, thank You for helping us have this conversation. Give us wisdom to follow through on what we have discussed. Help us remember what we learned about one another. Strengthen our communication, guide our decisions, and help us honor our commitments. Teach us to walk together with patience, humility, and faithfulness. In Jesus' name, amen.

Couple Commitment

We understand that meaningful communication requires preparation, patience, honesty, listening, and practical follow-through.

We commit to:

- Continue learning about one another
- Speak respectfully
- Listen before responding
- Clarify rather than assume
- Accept personal responsibility
- Seek help when needed
- Review our commitments
- Take practical steps toward growth

Husband's Signature: _____

Wife's Signature: _____

Date: _____