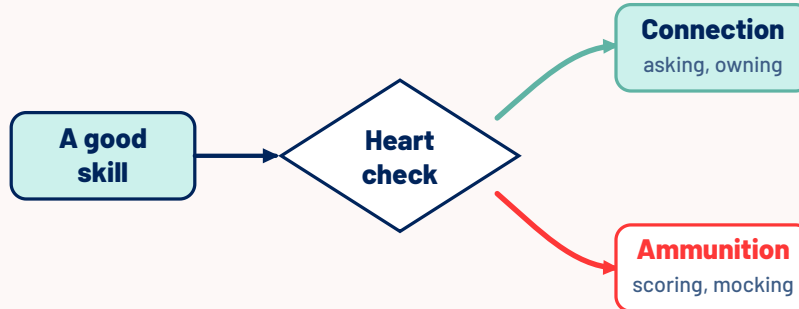


Don't Weaponize the Tools Worksheet

A good skill can build connection. The same skill can become ammunition. The heart behind it decides.

The Same Tool, Two Outcomes



Same words. The heart behind them decides the result.

Do this together, in one sitting. Each of you fills in your own box, then share. Listen to understand. This is a tool for the two of you, not a test.

1 Check your heart first

Before you use a skill, write what you want from the next five minutes.

ME

MY SPOUSE

2 Use it on yourself first

Write how you will practice the skill on your own side before pointing it at your spouse.

ME

MY SPOUSE

3 Ask, don't announce

Rewrite "You're doing it wrong" as an invitation. Start with "Can we try..."

ME

MY SPOUSE

4 Drop the scorecard

Write what keeping score has cost the two of you. Agree to start the count over.

ME

MY SPOUSE

This week: Use one skill this week with an invitation, not a correction.

There's always, always hope.

Hope Relentless Marriage & Relationship Center · 3075 W Ray Rd #200, Chandler, AZ 85226 · (623) 343-4764
Free 30-minute consultation, both of you on the call: hoperelentless.com · Marriage coaching, not therapy.