

12■Week Weekly Marriage Homework Module

Detailed, written, repeatable assignments to complete at home each week (with Scripture and prayer).

How to Use This Workbook

This workbook is the **at■home engine** of change. Choose one consistent day each week to complete the written work together (45–60 minutes). Then complete small daily practices (5–15 minutes). Bring the pages to counseling/pastoral sessions.

Rules: (1) No insults. (2) No mind■reading. (3) Requests must be specific. (4) Problems are discussed only during scheduled meetings, not in the moment.

Weekly Rhythm	Time	What You Do
Daily (Mon–Fri)	5–15 min	Home reset + appreciation + short prayer
Weekly Planning Meeting	30 min	Meals, kids, chores, schedules
Weekly Date Night	60–90 min	Connection, not logistics
Weekly Workbook Meeting	45–60 min	Write + review + assign

Week 1 Homework Packet

Theme: Stop the bleeding: respect, predictability, and a calm tone.

Scripture: James 1:19; Proverbs 15:1

A. Written Check■In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time■Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).

- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step■by■Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check■ins + your household tracker + 1 story of a 'win.'

Week 2 Homework Packet

Theme: From complaints to requests: how to ask clearly without shaming.

Scripture: Ephesians 4:29

A. Written Check■In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time■Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).
- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step■by■Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check-ins + your household tracker + 1 story of a 'win.'

Week 3 Homework Packet

Theme: Household clarity: who does what, when, and what 'done' means.

Scripture: 1 Corinthians 14:40

A. Written Check■In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time■Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).
- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step■by■Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check-ins + your household tracker + 1 story of a 'win.'

Week 4 Homework Packet

Theme: Meal and routine mastery: reduce daily stress and decision fatigue.

Scripture: Proverbs 24:3–4

A. Written Check■In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time■Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).
- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step■by■Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check-ins + your household tracker + 1 story of a 'win.'

Week 5 Homework Packet

Theme: Attachment repair: meeting emotional needs and reducing withdrawal.

Scripture: Colossians 3:12–14

A. Written Check■In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time■Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).
- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step■by■Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check-ins + your household tracker + 1 story of a 'win.'

Week 6 Homework Packet

Theme: Trust and transparency: boundaries that heal, not control.

Scripture: Proverbs 4:23

A. Written Check■In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time■Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).
- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step■by■Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check-ins + your household tracker + 1 story of a 'win.'

Week 7 Homework Packet

Theme: Self-care and dignity: stewardship of body and home without contempt.

Scripture: 1 Corinthians 6:19–20

A. Written Check-In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time-Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).
- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step-by-Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check-ins + your household tracker + 1 story of a 'win.'

Week 8 Homework Packet

Theme: Conflict regulation: time■outs, repair, and gentle startup.

Scripture: Romans 12:18

A. Written Check■In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time■Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).
- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step■by■Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check-ins + your household tracker + 1 story of a 'win.'

Week 9 Homework Packet

Theme: Parenting unity: consistent discipline, routines, and child stability.

Scripture: Deuteronomy 6:6–7

A. Written Check■In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time■Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).
- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step■by■Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check-ins + your household tracker + 1 story of a 'win.'

Week 10 Homework Packet

Theme: Friendship and fun: rebuilding the marriage friendship system.

Scripture: Ecclesiastes 4:9–12

A. Written Check■In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time■Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).
- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step■by■Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check-ins + your household tracker + 1 story of a 'win.'

Week 11 Homework Packet

Theme: Forgiveness and repentance: rebuilding after long-term resentment.

Scripture: Matthew 18:21–22

A. Written Check■In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time■Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).
- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step■by■Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check-ins + your household tracker + 1 story of a 'win.'

Week 12 Homework Packet

Theme: Maintenance: relapse prevention and a 90-day plan.

Scripture: Lamentations 3:22–23

A. Written Check■In (Complete Separately, then Share)

- 1) This week I felt most connected when...
- 2) This week I felt most disconnected when...
- 3) One thing I appreciate about you is... (be specific)
- 4) One request I have for next week is... (measurable)

B. Skills Practice (Do Together)

- **Reflective Listening (10 minutes):** Set a timer. Speaker uses 'I feel / I need.' Listener reflects: 'What I hear you saying is...' Switch.
- **Gentle Startup:** Start complaints with: 'I'm feeling ____ about _____. Could we ____ by ____?'
- **Time■Out Protocol:** If flooded, call 30 minutes. Return and do 5-minute reflection each. No texting.

C. Household Action (Pick ONE)

Choose one small system to improve this week. Do not pick more than one.

Options:

- Kitchen reset system (15 minutes daily).
- Laundry flow (one load/day + fold same day).
- Entryway landing zone (bins/hooks).
- Bathroom hygiene (wipe sink/toilet 2x/week).
- Kids clothing prep (outfits set the night before).

Step■by■Step Instructions:

- 1) Define 'done' in one sentence.
- 2) Assign an owner and a backup.
- 3) Put it on the calendar.
- 4) Track completion 5/7 days.
- 5) Celebrate progress; do not nitpick.

D. Date Night Plan (Required)

Schedule a 60–90 minute date. **No logistics.** Use these prompts:

- 1) What's one pressure you're carrying right now?
- 2) What's one way I can lighten your load this week?
- 3) What's one memory we both smile about?
- 4) What do you want our home to feel like for the kids?

E. Joint Prayer (3–5 minutes)

Take turns praying one sentence each: (1) gratitude, (2) confession, (3) request for help, (4) blessing over the children.

Bring Next Session: Completed written check-ins + your household tracker + 1 story of a 'win.'