

# Couples Restoration Workbook (Clinical + Christian Integrated)

## How to Use This Workbook

Complete each section individually first, then share together during your weekly connection time. Be honest, non-defensive, and focused on growth—not blame.

## Wife Reflection & Ownership Work

Reflect prayerfully and answer honestly.

Where do I avoid responsibility in my marriage?

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What emotions come up when I am asked to take ownership?

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How can I show love in ways my husband actually feels?

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## Husband Reflection Work

Focus on expressing needs with vulnerability, not criticism.

What do I feel underneath my frustration?

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How can I communicate my needs more gently?

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What does emotional safety look like for my wife?

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### **Weekly Couple Connection Exercise**

Discuss the following questions together:

1. What made me feel loved this week?

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2. What can we improve next week?

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3. One thing I commit to changing:

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### **Scripture Reflection**

Read and reflect together: Ephesians 5:21, 1 John 3:18, Colossians 3:13-14

What is God teaching us about our marriage?

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**Weekly Prayer**

Write a prayer for your marriage:

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