

Marriage Communication Worksheet

For Passionate and Passive Personalities

“Speaking the truth in love, we are to grow up in every way into him who is the head, into Christ.”
Ephesians 4:15

SECTION 1 — PERSONAL ASSESSMENT

Each spouse should complete the column that best describes their default pattern. Read each statement and check the boxes that apply to you. Then work through the reflection questions honestly. This is not a test — it is an invitation to grow.



The Passionate Personality

- ☐ I become frustrated when things do not happen quickly.
- ☐ I interrupt my spouse when I disagree.
- ☐ I dominate conversations.
- ☐ I raise my voice when emotional.
- ☐ I assume my way is best.
- ☐ I struggle to listen before responding.
- ☐ I become critical when disappointed.
- ☐ I pressure rather than persuade gently.

REFLECTION

What situations most often trigger my strong responses?

How might my words or tone discourage my spouse?

What would gentleness look like in those moments?



The Passive Personality

- ☐ I avoid difficult conversations.
- ☐ I remain silent when I should speak.
- ☐ I withdraw when conflict arises.
- ☐ I hope problems disappear on their own.
- ☐ I fear disappointing people.
- ☐ I struggle to communicate my needs.
- ☐ I agree outwardly but disagree inwardly.
- ☐ I allow resentment to build.

REFLECTION

What topics or situations do I most often avoid with my spouse?

What do I fear will happen if I speak up honestly?

What would courageous, loving honesty look like for me?

SECTION 2 — HEART-MOTIVE DIAGRAM

Below is a diagram of the heart desires that drive each personality's typical response to conflict. Read across each row to trace how an unmet desire becomes destructive fruit. Discuss together: where do you see yourself in this cycle?

Situation	Unmet Heart Desire	Response	Fruit
Conflict	Comfort / Control	Anger, Pressure	Relational Distance
Conflict	Approval / Peace	Withdrawal, Silence	Resentment

Passionate Cycle

Comfort / Control → Demands → Anger → Distance

Passive Cycle

Peace / Approval → Fear / Resignation → Withdrawal → Resentment

SECTION 3 — GROWTH GOALS

Choose one or two goals to focus on this week. Check the box when you have practiced that goal. At the end of the week, share with your spouse how it went — what was hard, what helped, and where you saw God at work.

Passionate Personality Goals

- ☐ Listen before responding
- ☐ Ask questions in love & gentleness
- ☐ Lower my voice during disagreements
- ☐ Pray before addressing conflict
- ☐ Seek understanding before correction

Memory Verse: James 1:19

Passive Personality Goals

- ☐ Be willing to initiate a difficult conversation
- ☐ Share thoughts honestly
- ☐ Express concerns respectfully
- ☐ Address problems with genuine love
- ☐ Pray before avoiding conflict

Memory Verse: Ephesians 4:15

17 Weekly Couple Accountability

Set aside 15–20 minutes together at the end of each week. Each spouse answers the questions below individually, then share your responses with one another. Close your time together in prayer.

- ☐ Did I listen well this week? If so, how? If no, how can I do better?
- ☐ Did I speak honestly this week? If so, how? If no, how can I do better?
- ☐ Did I serve rather than control? If so, how? If no, how can I do better?
- ☐ Did I address concerns rather than avoid them? If so, how? If no, how can I do better?
- ☐ Did I ask forgiveness where needed? If so, how?

One way my spouse reflected Christ this week:

How can I pray for my spouse this week?