

BONUS MATERIAL #1

The Emotional Access Audit™

Discover Where Connection Is Breaking Down In Your Marriage

Rate each statement from 1–5

1 = Never

2 = Rarely

3 = Sometimes

4 = Often

5 = Consistently

Section A: Communication

My wife openly shares her thoughts with me. ____

My wife discusses personal concerns with me. ____

I listen without interrupting. ____

I ask questions to understand instead of fix. ____

Our conversations go beyond daily responsibilities. ____

Section Total: ____ /25

Section B: Emotional Presence

I give my wife my full attention when we talk. ____

I put distractions away during conversations. ____

I notice changes in her mood or energy. ____

I regularly check in on how she's feeling. ____

My wife feels heard when she talks to me. ____

Section Total: ____ /25

Section C: Connection

We spend quality time together weekly. ____

We laugh together regularly. ____

We share hopes, dreams, and future plans. ____

I know what currently excites my wife. ____

I know what currently worries my wife. ____

Section Total: ____ /25

Section D: Emotional Safety

My wife feels safe expressing disappointment. ____

I avoid becoming defensive. ____

We can disagree respectfully. ____

My wife feels understood by me. ____

We recover quickly after conflict. ____

Section Total: ____ /25

Your Score

80–100: Strong emotional access

60–79: Healthy foundation with room for growth

40–59: Emotional access is partially blocked

Below 40: Immediate reconnection work is recommended