

ABUSE SELF-REFLECTION

These worksheets are designed for prayerful and honest self-reflection. In any neurodiverse Christian marriage, both spouses must consider whether their words, actions, or omissions could be abusive.

Abuse is never excused by stress, neurodivergence, or frustration. These pages invite you to slow down, reflect, and invite God's Spirit to bring conviction and healing.

Worksheet for Husbands

As a husband, reflect carefully on the following questions. Be specific. Circle or mark the box that fits most with your recent behavior.

SPIRITUAL

Do I ever misuse Scripture, prayer, or my role as spiritual leader/partner to silence, pressure, or guilt my spouse?

NEVER

☐

SOMETIMES

☐

OFTEN

☐

EMOTIONAL/VERBAL

Do I raise my voice, belittle, criticize, mock, or gaslight my spouse rather than listen with respect?

NEVER

☐

SOMETIMES

☐

OFTEN

☐

SEXUAL

Do I pressure my spouse into sexual intimacy when they are unwilling, ignore their boundaries, or use guilt/entitlement?

NEVER

☐

SOMETIMES

☐

OFTEN

☐

FINANCIAL/NEGLECT

Do I hide money, control spending without agreement, or neglect shared financial responsibilities in ways that cause fear or instability?

NEVER

☐

SOMETIMES

☐

OFTEN

☐

PHYSICAL/INTIMIDATION

Do I ever use body language, threats, slamming doors, throwing things, or physical force to control or intimidate my spouse?

NEVER

☐

SOMETIMES

☐

OFTEN

☐

Reflection Prompts

Where have I excused or minimized my actions instead of owning them?

What patterns do I see in my words or actions that harm intimacy and trust?

What steps of repentance, repair, or accountability can I take this week?

Who can I invite into my journey for support (counselor, pastor, trusted mentor)?

Worksheet for Wives

As a wife, reflect carefully on the following questions. Be specific. Circle or mark the box that fits most with your recent behavior.

SPIRITUAL

Do I ever misuse Scripture, prayer, or my role as spiritual leader/partner to silence, pressure, or guilt my spouse?

NEVER

☐

SOMETIMES

☐

OFTEN

☐

EMOTIONAL/VERBAL

Do I raise my voice, belittle, criticize, mock, or gaslight my spouse rather than listen with respect?

NEVER

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SOMETIMES

☐

OFTEN

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SEXUAL

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SOMETIMES

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OFTEN

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FINANCIAL/NEGLECT

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Reflection Prompts

Where have I excused or minimized my actions instead of owning them?

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What steps of repentance, repair, or accountability can I take this week?

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Final Note

Abuse and destructive patterns thrive in secrecy and denial. Repentance and change begin with humility, honesty, and accountability. Use these worksheets not to condemn yourself or your spouse but to invite Christ's healing into your marriage. Remember: Respect, safety, and dignity are foundations of love (Ephesians 5:25, Colossians 3:19).