

The 5-Minute Wife Audit

A clean look at how you've actually been showing up.

Most men believe their own press. This week you'll ask AI to play your wife describing the last month from her chair — not to put words in her mouth, but to break the spell of your own PR. Then you'll sit with what you read, and you'll go ask her directly.

THE ACTION

- Open Claude. Brief it on your marriage stage and this month's stressors — no specific names or private details.
- Ask: "If my wife described how I'm showing up this month — my presence, my words, my follow-through — what would she likely say?"
- Read the answer twice. Notice the line that stings; that's the signal, not the noise.
- Pray over it. Then ask her in person this week: does the audit match her experience?

DON'T HAND HER THE AI'S ANSWER

This is a mirror for you, not a script for her. The AI guess is a starting point to get you honest — her actual words are the only ones that count. Go get them.

SCRIPTURE

Ephesians 5:25 — "Husbands, love your wives, as Christ also loved the church." Christ knew His bride intimately. AI is a tool to break your self-deception; knowing her is still your work.