

The 5-Minute Wife Audit

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

Most captains believe their own PR. Today: ask AI to play the role of your wife describing this month from her chair. Then sit with what you read.

Action checklist

- Open Claude. Give it a brief: your marriage stage, this month's stressors, no specific names.
- Ask: "If my wife described how I'm showing up this month — words, presence, follow-through — what would she say?"
- Read the answer. Notice what stings. That's the signal.
- Pick ONE thing to fix this week. Tell no one but Claude (and her, when it changes).

DON'T SHOW HER THE AI'S ANSWER

This is a mirror for you, not a script for her. If you want her opinion, ask her directly.

Scripture sit

Ephesians 5:25 — "Husbands, love your wives, as Christ loved the church." Christ knew the bride. AI is a tool to help you know yours better.

What I noticed

Captain's next move
