

SAME WOMAN, DIFFERENT BODY

THE COMPANION WORKBOOK

THE COMMON
DENOMINATOR
IS YOU

SAME WOMAN, DIFFERENT BODY

THE COMPANION WORKBOOK

The Common Denominator Is You

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Anthony Media LLC

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This workbook is a companion to *Same Woman, Different Body: The Common Denominator Is You*, and is intended for personal use, small group study, or counseling settings.

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How to Use This Workbook

This workbook is built to go deeper than the book alone can take you. Reading *Same Woman, Different Body* will show you the pattern. This workbook is where you actually do the work of breaking it.

You can use this alone, with a journal and an honest hour each week. You can use it in a small group of men working through the book together, where the discussion questions become the actual conversation. Or you can use it inside counseling, walking through it with a pastor or mentor session by session.

However you use it, the instruction is the same one I gave you in the book itself. Don't just think about these questions. Write the actual answers down, in your own handwriting, in your own words. There's something about seeing your own pattern in your own writing that thinking alone never quite accomplishes.

Each chapter here follows the same rhythm:

- Quick Recap: a short reminder of that chapter's core idea
- Go Deeper Reflection: new questions beyond what the book already asked you
- The Exercise: a hands-on tool specific to that chapter, this is the real work
- Scripture Copywork: space to slow down and hand-copy that chapter's anchor verse
- Group Discussion Questions: for a small group or counseling setting
- This Week's Commitment: one specific action, written down and dated

Take your time. This isn't a workbook you finish in an afternoon. It's a workbook you finish by actually changing.

Workbook Chapter One:
The Pool Feels Empty

Quick Recap

The pool doesn't feel empty because there's nobody in it. It feels empty because trustworthy, marriage-minded, genuinely discipled women are scarce, and because you didn't always know how to tell the difference between someone who looked right and someone who actually was right, until it was too late to matter.

Go Deeper Reflection

1. Write down the names or initials of every woman you've seriously dated or pursued. Don't overthink it, just list them.
2. Next to each name, write one word for what drew you in at the very beginning, looks, personality, chemistry, timing, loneliness, whatever's true.
3. Now write one word for what you found out later, after things got comfortable, that you didn't see at first.

The Exercise: Relationship History Worksheet

For each name on your list above, answer honestly in a few words:

[illegible]

When you’re done, look at the “what I found out later” column as a whole. Is there a pattern? Write what you notice below.

Scripture Copywork

Hand-copy Titus 2:3-5 slowly below, word for word.

Prayer

Father, show me the pattern I've just written down. I don't want to keep repeating it. Help me die to the version of me that filtered for looks and words instead of character, that mistook comfort for love. Break what needs breaking in me, gently but completely, so I can actually see clearly the next time You bring someone into my life. In Jesus' name, amen.

Additional Scriptures for This Season

Beyond the verses already anchored to this chapter, sit with these as you keep working through your own pattern:

- Proverbs 4:23: "Above all else, guard your heart, for everything you do flows from it."
- Psalm 51:10: "Create in me a pure heart, O God, and renew a steadfast spirit within me."
- Romans 12:2: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- Galatians 2:20: "I have been crucified with Christ and I no longer live, but Christ lives in me."
- James 1:5: "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Group Discussion Questions

1. Have you ever realized, after the fact, that you were filtering for looks and words instead of character? What happened?
2. Who in your life was actually discipled by older women or men in the faith, versus shaped mostly by social media or culture? How can you tell the difference?

This Week's Commitment

I commit to: _____

By this date: _____

Signed: _____

Workbook Chapter Two:
Lukewarm Isn't Always Her

Quick Recap

Lukewarm isn't always about the woman in front of you. Sometimes it's the theology that raised her, the culture that disciplined her instead of scripture, or the bad grace teaching that lets sin and worship coexist without tension. And before you scan anyone else for it, you have to be willing to ask whether you've been lukewarm yourself.

Go Deeper Reflection

1. Think of a specific moment you raised your hands in worship while knowingly living in something unresolved the rest of the week. What was it?
2. Where have you personally believed or repeated a version of “grace covers it, so it doesn’t matter how I live”? Be specific about the area of life.
3. Is there someone in your life right now, romantic or otherwise, whose faith looks real on the surface but hasn’t been tested by your honest questions yet?

The Exercise: Hot, Cold, or Lukewarm Self-Audit

List five specific areas of your own life below (examples: sexual purity, speech/language, finances, integrity at work, prayer life, media/content consumption). For each one, mark it honestly as Hot (genuinely surrendered to God), Cold (honestly distant, and you know it), or Lukewarm (inconsistent, comfortable, unexamined).

[illegible]

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Look at anything you marked Lukewarm. That’s not a neutral zone. Write below what it would actually take to move it toward Hot.

Scripture Copywork

Hand-copy Revelation 3:15-16 slowly below, word for word.

Prayer

Father, I don't want to be lukewarm in any part of my life, even the parts I've made peace with. Show me where I've been calling compromise "grace." Give me the courage to be either hot or cold, never neither, and the humility to examine myself before I ever examine anyone else. In Jesus' name, amen.

Additional Scriptures for This Season

- Matthew 5:8: "Blessed are the pure in heart, for they will see God."
- Hebrews 4:12: "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."
- 1 Corinthians 10:12: "So, if you think you are standing firm, be careful that you don't fall."
- Psalm 139:23-24: "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

Group Discussion Questions

1. What's the difference between genuine grace and the "bad theology of grace" this chapter names? How do you tell them apart in real time?
2. Has social media ever shaped your view of faith more than an older, wiser believer has? What would it look like to change that?

This Week's Commitment

I commit to: _____

By this date: _____

Signed: _____

Workbook Chapter Three:
The Same Woman, Different Body

Quick Recap

If you keep attracting the same woman in a different body, the common denominator is you. Not because you're the villain in the story, but because whatever is unhealed in you has a magnetic pull toward whatever matches it in someone else. This chapter isn't about her pattern. It's about yours.

Go Deeper Reflection

- 1. Before you do the exercise below, take a breath. This one requires real honesty, more than the last two chapters did. Are you willing to see something about yourself you might not like?
- 2. Who is the one person you trust enough to eventually show this exercise to, even a summary of it? Write their name down now, before you start.

The Exercise: The Common-Denominator Worksheet

This is the same process I walked through myself. Take your time with each step. Don't rush to the end.

Step 1: What did they have in common?Look back at the list of women you made in Workbook Chapter 1. Underneath the surface differences, city, background, appearance, write down what they actually had in common, in their hearts, their wounds, their patterns.

Step 2: What's in you that connects to that?For each common trait you just named, write what in you, honestly, was drawn to it, needed it, or matched it.

What they had in common	What in me connects to it

Step 3: Name it plainly.Finish this sentence in your own words, the way I finished mine in this chapter.

“If I keep attracting _____, the common denominator is me, because I _____.”

Scripture Copywork

Hand-copy Psalm 139:23-24 slowly below, word for word.

Prayer

Father, search me and know my heart. I've written down the pattern, and I don't want to hide from what it shows me about myself. Give me the courage to own what's mine instead of blaming what's hers. Lead me in the way everlasting, starting with the truth I just wrote down. In Jesus' name, amen.

Additional Scriptures for This Season

- Lamentations 3:40: "Let us examine our ways and test them, and let us return to the Lord."
- Jeremiah 17:9-10: "The heart is deceitful above all things and beyond cure. Who can understand it? I the Lord search the heart and examine the mind."
- 2 Corinthians 13:5: "Examine yourselves to see whether you are in the faith; test yourselves."
- Galatians 6:7: "Do not be deceived: God cannot be mocked. A man reaps what he sows."

Group Discussion Questions

1. Without naming specific people, what did you discover was the common thread in who you've pursued?
2. What makes it hard for a man to admit he's the common denominator instead of the women he's been with?

This Week's Commitment

I commit to: _____

By this date: _____

Signed: _____

Workbook Chapter Four:
What's Actually Being Attracted

Quick Recap

Adam's first move was to blame. The modern man's version is to fix, which looks like love but is often the same refusal to look at himself first. Six faces, one root: a man trying to fix something, in her or in himself, using anything other than the one thing that actually fixes anything.

Go Deeper Reflection

1. Before ranking the six faces below, which one did you already suspect was yours before you even started this workbook?
2. Has anyone ever told you that you try to fix people? What was your reaction when they said it?

The Exercise: Which Face Is Yours

Rate how strongly each face resonates with your own pattern, 1 (not me at all) to 5 (this is exactly me).

Face	Description	Rating (1-5)
Fixing through her	Believing love means making someone whole	
Fixing through her fatherlessness	Stepping into her father-gap to become indispensable	
Fixing through status	Using achievement to cover an internal hole	
Fixing through numbing	Coping through substances, work, or distraction, drawn to women numbing too	
Fixing through intimacy	Believing sex proves or produces love	
Fixing through control	Needing to be right or unquestioned, calling it leadership	
Other pattern I notice:		
Other pattern I notice:		

Circle your highest-rated face above. Now write a real, specific memory where that face showed up.

If a second face rated close behind your highest one, name it here and briefly note how it shows up differently.

Scripture Copywork

Hand-copy Genesis 3:11-12 slowly below, word for word.

Prayer

Father, I don't want to keep fixing what only You can heal. Show me clearly which face has been mine, without letting me hide behind the others to avoid the real one. I bring You the true, unfixed version of myself today, not the version I've been performing. In Jesus' name, amen.

Additional Scriptures for This Season

- Psalm 34:18: "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 61:1: "He has sent me to bind up the brokenhearted, to proclaim freedom for the captives."
- Colossians 3:9-10: "Do not lie to each other, since you have taken off your old self with its practices and have put on the new self."
- 2 Timothy 1:7: "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

Group Discussion Questions

1. Which of the six faces do you think is most common among men in this room, and why do you think that is?
2. What's the difference between genuinely helping someone and needing someone broken enough to keep needing you?

This Week's Commitment

I commit to: _____

By this date: _____

Signed: _____

Workbook Chapter Five:
Standards vs. Symptoms

Quick Recap

A standard and a symptom can look identical from the outside. Both sound firm, both can quote a verse. The only way to tell them apart is to ask what’s actually underneath, conviction, or fear. Real headship covers and leads. Control just uses scripture as a costume.

Go Deeper Reflection

- 1. Where did you first learn what a man’s “role” in a relationship should look like, from your father, your church, culture, or somewhere else? How much of it have you actually examined versus just inherited?
- 2. Have you ever used a Bible verse to win an argument in a relationship rather than to actually serve or love the other person? What happened?

The Exercise: Standard vs. Symptom Audit

List your own non-negotiables, things you’d say are just how it has to be in a relationship or marriage. For each one, be honest about what’s really underneath it.

My stated standard	Is it rooted in conviction or fear?	What fear might be underneath, if any

Pick the one you’re least certain about. Bring it to God and to one trusted person this week, and write below what

they said.

Scripture Copywork

Hand-copy 1 Peter 3:7 slowly below, word for word.

Prayer

Father, show me which of my standards are actually Yours, and which ones are fear wearing scripture's clothes. Give me the humility to lead as a true partner, not a controller, and to treat any woman You bring into my life as a co-heir, not a subject. In Jesus' name, amen.

Additional Scriptures for This Season

- Micah 6:8: "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."
- Ephesians 4:2-3: "Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace."
- James 4:6: "God opposes the proud but shows favor to the humble."
- 1 Peter 5:5-6: "Clothe yourselves with humility toward one another, because God opposes the proud but shows favor to the humble. Humble yourselves, therefore, under God's mighty hand."

Group Discussion Questions

1. What's a "standard" you've heard other men defend that you now suspect was really fear or insecurity?
2. What does real partnership look like practically, day to day, versus control dressed up as headship?

This Week's Commitment

I commit to: _____

By this date: _____

Signed: _____

Workbook Chapter Six:
Waiting Isn't Passive

Quick Recap

Waiting requires change, in your mind, your heart, your habits, and your actions. Faith isn't hoping something happens someday. Faith is hearing and doing, actually walking toward what you say you believe, while you trust God to govern what you can't control.

Go Deeper Reflection

1. Are you currently praying for a godly woman without asking whether you're becoming a godly man? What would honestly answering that question require you to change, starting this week?
2. Where have you been gripping the wheel instead of actually letting God govern the waiting?

The Exercise: The Waiting Log

Faith is proven by movement, not just belief. For the next four weeks, track one concrete action you took that proved your faith instead of just your hope.

Week / Date	One action I took (faith in motion)	What it revealed or changed in me
Week 1:		
Week 2:		
Week 3:		
Week 4:		
Week 5:		
Week 6:		
Week 7:		
Week 8:		

At the end of four weeks, come back and write what you notice about your own consistency.

Scripture Copywork

Hand-copy Proverbs 3:5-6 slowly below, word for word.

Prayer

Father, teach me to wait actively, not passively. Build my character, my patience, my faith while I wait, and help me let go of the things I keep trying to control myself. I trust You to govern what I can't. In Jesus' name, amen.

Additional Scriptures for This Season

- Psalm 27:14: "Wait for the Lord; be strong and take heart and wait for the Lord."
- Habakkuk 2:3: "For the revelation awaits an appointed time... Though it linger, wait for it; it will certainly come and will not delay."
- Galatians 5:22-23: "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."
- Romans 8:28: "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

Group Discussion Questions

1. What's the difference between passive waiting and active waiting, in practical, everyday terms?
2. What's one area where you've said you have faith, but your actions say otherwise?

This Week's Commitment

I commit to: _____

By this date: _____

Signed: _____

Workbook Chapter Seven:
Leading Before You're Chosen

Quick Recap

Leadership isn't a performance for an audience that hasn't arrived yet. It's who you are in the room nobody's checking, in the work nobody's grading, in the discipline nobody's applauding. Being chosen was never the beginning of leadership. It's confirmation of leadership already quietly built.

Go Deeper Reflection

- 1. Has becoming who God made you to be ever cost you friends or family who preferred who you used to be? How did you respond to that loss, and how would you respond now?
- 2. What does your discipline actually look like today, right now, not someday, when nobody is watching?

The Exercise: The Private Discipline Checklist

List 5 disciplines you want to be consistent in, whether or not anyone ever sees them (examples: prayer time, reading scripture, honesty in small things, work ethic when unsupervised, sexual purity in private). Track them daily for one week.

Discipline	Mon	Tue	Wed	Thu	Fri	Sat	Sun

At the end of the week, write what this revealed about who you actually are when no one's checking.

Scripture Copywork

Hand-copy Luke 16:10 slowly below, word for word.

Prayer

Father, let me lead well when no one is watching. Build my discipline in the private places before You ever bring me into public ones. If becoming who You made me to be costs me relationships, give me peace to accept that loss without bitterness. I want to please You, not perform for anyone else. In Jesus' name, amen.

Additional Scriptures for This Season

- Proverbs 27:17: "As iron sharpens iron, so one person sharpens another."
- 1 Timothy 4:7-8: "Train yourself to be godly. For physical training is of some value, but godliness has value for all things."
- Joshua 1:9: "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."
- Psalm 101:2: "I will conduct the affairs of my house with a blameless heart."

Group Discussion Questions

1. What's one private discipline you've let slide that you know matters more than you've been treating it?
2. Has anyone in your life ever seen your private consistency and trusted you more because of it? What happened?

This Week's Commitment

I commit to: _____

By this date: _____

Signed: _____

Workbook Chapter Eight:
Walking Beside Her, Not Ahead of Her

Quick Recap

Real partnership means inviting her fully into your world, listening even when you disagree, and building on what God specifically gave the two of you, not copying your parents' marriage, your pastor's, or anyone else's. When you walk ahead, you walk in someone else's way. When you walk together, you walk in what you actually built.

Go Deeper Reflection

1. Whose marriage pattern have you been unconsciously copying, a parent's, a friend's, a pastor's, instead of building what actually fits what God has given you?
2. Think of a real decision, past or upcoming. Did you invite her fully into it, or make the call alone and inform her after?

The Exercise: The Partnership Practice Log

For the next four weeks, bring one real decision, even a small one, to the woman in your life, or if you're not yet with someone, to a trusted mentor or your mother. Practice genuinely listening before you decide anything.

Week / Date	The decision	What she/they said that I hadn't considered	What I decided, and why
Week 1:			
Week 2:			
Week 3:			
Week 4:			
Week 5:			
Week 6:			
Week 7:			
Week 8:			

Scripture Copywork

Hand-copy Amos 3:3 slowly below, word for word.

Prayer

Father, teach me to walk beside her, not ahead of her. Give me the humility to invite her fully into my world, to listen when we disagree, and to build what fits what You've given us specifically. Thank You for the work You've done in me through this workbook. Prepare me now for what comes next. In Jesus' name, amen.

Additional Scriptures for This Season

- Ecclesiastes 4:9-12: "Two are better than one... though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."
- Proverbs 31:11: "Her husband has full confidence in her and lacks nothing of value."
- Philippians 2:3-4: "In humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."
- Genesis 2:18: "It is not good for the man to be alone. I will make a helper suitable for him."

Group Discussion Questions

1. What does "walking together" practically look like in a marriage or relationship you admire?
2. What's one inherited pattern, from your family or upbringing, that you need to consciously decide whether to keep or release?

This Week's Commitment

I commit to: _____

By this date: _____

Signed: _____

Before You Close This Workbook

If you've done the work in these eight chapters honestly, not just read them, something in you has already started to shift. You've named your pattern, faced the six faces of fixing, told the difference between a standard and a symptom, waited actively instead of passively, and learned to lead before anyone was watching.

This workbook, like the book it walks beside, was never meant to be the end of the conversation. Once you've found her, or once you're walking with her now, a different set of questions is waiting for you in *5 Things You Need to Know Before You Sleep with Her*. You're more ready for that conversation now than you were on the first page of this one.

Walk well.

A Guided Companion to Breaking the Pattern

This workbook is built to go deeper than the book alone can take you. Reading *Same Woman, Different Body* will show you the pattern. This workbook is where you actually do the work of breaking it.

Each chapter includes a quick recap, deeper reflection questions, a hands-on exercise built around that chapter's core teaching, space to hand-copy scripture, a chapter-specific prayer, additional scriptures to study, group discussion questions, and a dated weekly commitment.

Use it alone with a journal. Use it in a small group of men working through the book together. Use it in counseling, session by session.

What's inside:

- Relationship history and pattern-mapping worksheets
- A hot, cold, or lukewarm self-audit
- The common-denominator worksheet
- A six-faces-of-fixing diagnostic
- Standard vs. symptom audits
- Weekly waiting and partnership logs

Designed to be used alongside Same Woman, Different Body: The Common Denominator Is You, though it can also stand on its own for anyone ready to do the work.

This isn't a workbook you finish in an afternoon. It's a workbook you finish by actually changing.

"Name it. Then let God break it."
