

Making It Real

Part 1
Cracking the Code
to a **Deeper Connection**



CoupleTalk - Cracking the Code to an Amazing Relationship
Part 1: Cracking the Code to a Deeper Connection
Universal Version for All Couples

© 2016 Don and Alexandra Flecky

ISBN: 978-0-9899945-0-7

Find us on the web at CoupleTalk.com



Published by RRF Publishing, 1700 Miramar Drive, Fullerton, CA 92831

RRF Publishing is a division of Relationship Research Foundation, Inc., a 501(C)(3) non-profit organization.

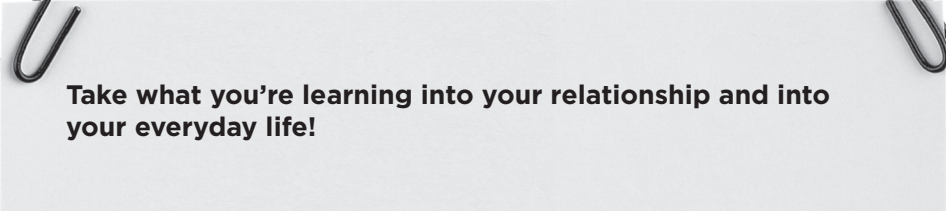
Project management by K. Jason Krafsky of The Krafsky Group.

Artistic direction, design and layout by Michelle De Monnin for De Monnin's Art Studio, Inc.

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Printed in the United States of America

Making It Real — Intro



Take what you're learning into your relationship and into your everyday life!

Making It Real takes you on a quick journey of self-reflection. The short exercises build on what you're learning from the CoupleTalk video sessions. Doing *Making It Real* results in healthy new habits, better understanding of yourself, and greater closeness to your partner.

After each video session, there are five parts of *Making It Real*:

Day 1: Making It Real—in Your Inner Life

Reflections to help you live out these skills in your relationship.

Day 2: Making It Real—with Your Partner

Practicing the exercises and appreciating your partner regularly will make a real, positive impact on you both!

Day 3: Making It Real—in Daily Life

Bringing the skills to your everyday life to solidify new habits and to grow closer to your partner.

Day 4: Making It Real—in You

Assessments to help you learn more about yourself.

Day 5: Prepping for the Next Session

Select your topics prior to the next session to maximize video practice time.

You may choose to do one part per day, all five at once, or whatever fits your schedule. Also, you may choose to do some of these parts with your partner or in a small group.

Making It Real

After Session 1: Trading Places

Day 1: Making It Real—in Your Inner Life

(Estimated time: 15 minutes)

Making the CoupleTalk Core Values Come Alive

The CoupleTalk program is founded on these qualities: Openness and Honesty, Caring and Compassion, and Commitment. We call them the CoupleTalk “Core Values.”

Openness and Honesty is the ability to fully share with each other what we are really thinking, feeling and wanting. It means a relationship built on truth.

A relationship built on truth depends on both of you being able to be open and honest with each other, as well as able to hear openness and honesty from the other. Reflect on your own capacity to be open and honest. Are you fully open with your partner? Do you hesitate to tell the “whole truth?” Do you behave in a way that limits your mate’s ability to tell you the truth, such as overreacting or pouting?

Caring and Compassion refers to the way we share ourselves with each other, and how we treat each other. It means a relationship built on love.

Reflect on your behavior. Would you say that you treat your partner in a way that shows caring? Are you compassionate to your partner, being there for them when they’re going through a tough time?

Are you accepting of them, even when they're not at their best? Are you open to receiving care and compassion from your partner, or do you always have to be the "strong" one in the relationship, never needing comfort or support?

Commitment is putting the needs of the relationship above what I alone want or need. It means a relationship built on faithfulness.

How committed are you to your relationship? Have you expressed a strong commitment to do whatever it takes to stay together? How have you shown that you are committed - in both big ways and small? Your commitment to doing the CoupleTalk exercises during the video sessions and doing Making It Real between sessions is one way to demonstrate commitment.

Q: Reflect on these values. Which is the most difficult for you to demonstrate toward your partner? Why? _____

Q: Name one specific new way you will show Openness and Honesty to your partner: _____

Q: Name one specific new way you will show Caring and Compassion to your partner: _____

Q: Name one specific new way you will show Commitment to your partner: _____

Day 2: Making It Real—with Your Partner

(Estimated time: 5-20 minutes)

Together, practice the exercises from the video session. Finish any unfinished exercises and practice the exercises again using new topics.

Tell your partner regularly that you appreciate them. It just takes a few moments to say these positive things, yet the good feelings in your partner will linger much longer!

- To help you think creatively about appreciating your partner, complete the following:

“You’re so good at _____.”

“I appreciate what you did for me recently when you _____.”

- Find times to share these appreciations — and other ones — with your partner!

My partner’s response: _____

How it felt to give an appreciation: _____

Saying these positives — out loud — to your partner is a wonderful way to create a deeper connection!

Day 3: Making It Real—in Daily Life

(Estimated time: 5 minutes)

Find opportunities to use the skills you’re learning during those everyday moments, when you’re just living your regular life together. It’s a great way to solidify new habits – and to grow closer!

- **Respond with Empathy in Everyday Life**

(A few moments each time)

Find a time before the next session to focus on what your partner is feeling and respond to them in a way that shows them you want to understand. Refer to page 9 in Session 1.

My partner's response: _____

How it felt to respond with empathy: _____

Day 4: Making It Real—in You

(Estimated time: 10 minutes)

Take these short assessments which will help you learn more about yourself and your partner.

- **Trade Places with Your Partner**

Step into your partner's "world" and see if you can name the following:

A small, daily annoyance in my partner's life is _____
_____.

A recent time when my partner felt really good about him/herself was _____.

Find a time to check with your partner. How accurate were you?

- **My Goals, Hopes, and Dreams**

What do you hope will happen in your relationship as a result of participating in CoupleTalk? Check all that apply.

As a result of this program, I hope that we ...

- can resolve some disagreements that go back a long way.
- learn to treat each other more respectfully.
- understand each other more deeply.
- are reconnected and closer, like the “old days.”
- learn to make our relationship as close as it’s ever been.
- become closer spiritually as a couple.
- Your own: _____

If you choose to share your responses with your partner, try to accept your partner’s responses as coming from their heart. And, it’s okay if you have different hopes and goals!

Day 5: Prepping for the Next Session

- **Select Your Topics**

(Estimated time: 5 minutes)

You will maximize your benefit from CoupleTalk by having your topics for video exercise times chosen ahead of time. Below are instructions for selecting your topics for Session 2. *Don’t discuss your topic choices with your partner yet; you’ll be discussing them in the next session.*

1. **Topic choice for “An Early Memory of ‘Us’”**

Think back to those fun, exciting times when you were first getting to know each other. On your own, identify one specific event and write your topic choice here:

My topic: _____

2. Topic choice for “Exploring Something Important to Me”

On your own, think of something important going on in your life (*not* related to your partner or your partner’s relatives). Some examples are a work situation, a relative’s health problem, beginning a new phase of life, or a spiritual question you’re pondering (also, check the list of potential topics on page 22). Write your topic choice here:

My topic: _____