

## Coaching After Session 10:

**CoupleTalk on a Growth Topic** (Part 2; pages 89-111)  
or **Apology and Forgiveness CoupleTalk** (Part 2; pages 73-75; 80-81)



### PREPARE:

- **DURING SESSION 10, assign coaching topic:** *During your coaching call, we encourage you to finish your Apology and Forgiveness CoupleTalk from Session 9 if you hadn't finished it. Or the other partner can choose to apologize for something. A third option is to choose another "Growth Topic" like we did in Session 10. Have your topic ready and workbooks in hand for when the call starts.*

### COACHING CALL: Part 2 Workbook

GET THE COACHING CALL STARTED: (After a quick greeting, get them practicing ASAP.)

- *One option is to finish the Apology and Forgiveness CoupleTalk from Session 9. One of you picked something to apologize to your partner about. More discussion prompts are on page 80 – there are sometimes more thoughts and feelings to discuss and this page will help you.*
- *Another option is for the other partner to offer an apology using pages 73-75.*
- *Or you could choose another Growth Topic from all the subtopics listed on pages 90-111.*
- *Let's have you get knee to knee. Whoever would like to begin picks up the Expression Stick.*

YOUR COACHING GOALS:

**If using Apology and Forgiveness topic:** (Part 2, pages 73-75; 80-81)

#### For the Apologizer:

- Use prompts on p. 74 to empathize with what their partner must have thought and felt.
- Listen w/ Empathy to what their Injured Partner felt (p. 74)
- Finally, explain their own thoughts and feelings about the event when the injury happened (using prompts in gray box on p. 80).

#### For the Injured Partner:

- Be open to hearing empathy from their partner (p. 73).
- Express their thoughts and feelings about the injury in a skillful way (prompts on p. 74).
- Be open to hearing their partner's explanation about what they thought/felt when the injury happened (p. 80).

#### Going deeper and keeping it respectful:

- This discussion can provoke deep feelings of hurt, anger, etc. That's okay! Help them express these feelings in ways that don't distance them from their partner.
- Your job is to keep it safe – be ready to offer alternative ways to express those feelings (*"Bill, instead of saying, "I'm angry that you were so selfish, let's have you say "I'm angry and I also felt uncared for, or left out, or whatever other feelings you felt."*)

#### Encouragement!

- Encourage the couple to consider completing an Agreement Worksheet or Changing Habits Worksheet if these will help prevent future injuries.
- Your couple has done something very difficult. The Apologizer has humbled himself/herself and offered repair. The Injured partner has been willing to listen and to consider forgiving. This deserves high praise!
- End: *"You two have done a great job discussing this vulnerable topic!"* and *"You're now equipped to discuss any issue (Sessions 7 & 8) and to repair your relationship when there's been hurt (Session 9). Good for you!"*

**If using a Growth topic:** (Part 2; pages 89-111)

#### Correct subtopic choice:

- Must be a focused subtopic rather than a broad topic.

- Start on page 89 to pick a broad topic (gray box), then choose subtopic from list on designated pages.

**Correct use of skills:**

- Let them choose to use either the “I” form or “you” form of Listening with Empathy.
- Monitor their use of the Expression Stick. Does the Expressor always hold it?
- If this topic requires a solution, guide them so the Agreement Worksheet (page A-10).

**Expressing and empathizing with feelings:**

- Are they both able to express deeper feelings? Are they able to empathize with their partner as they Listen with Empathy (they should be able to do this using the “you” form).
- Is this CoupleTalk “safe?” Is there acceptance of the other’s point of view and honesty in expressing their point of view?
- Does this discussion go deeper? If they are “safe,” CoupleTalks should gradually deepen, like a “falling leaf.”

**Encouragement!**

- Congratulate your couple on finishing CoupleTalk!
- *“You two have done a great job on these calls! You’re now equipped to discuss any issue (Sessions 7 & 8) and to repair your relationship when there’s been hurt (Session 9). Good for you!”*

**COACHING “TOOLS:”**

<b>Encouragement:</b>	<i>“Good job!” “Great effort at going deeper/Expressing yourself!”</i>
<b>Give Clear Directions</b>	Tell them exactly what to do next
<b>Model:</b>	<i>“Start like this...”</i> (then say the words you want him/her to say)
<b>Prompt feelings:</b>	<i>“When that happened I felt...”</i> (and let them finish). Appendix A-2 & A-3 If unable, offer potential feelings ( <i>“Perhaps you felt (x), perhaps you felt (y)”?</i> )