



PREPARE:

- **DURING SESSION 7, assign coaching topic:** *During your coaching call, you'll continue to have a CoupleTalk on this same "Minor Problem" topic – remember that the deeper you can go, the better your solutions will be when we work on that in Session 8. Be ready to start when your CoupleTalk Coach calls.*

COACHING CALL: Part 2 Workbook: Exercise (on pages 38-39) and Appendix A-2 & A-3 (Feeling Words)

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

- *Just a reminder that I'm here to coach you in the skills, not to give you advice on your topic.*
- *In CoupleTalk Session 7, you picked a minor problem topic and had a CoupleTalk, using Expression and Listening with Empathy skills. You used an Expression Stick.*
- *I'd like to have you continue the topic you used in Session 7, and we'll see if we can go deeper.*
- *Let's have you get knee to knee. Whoever would like to begin picks up the Expression Stick.*

YOUR COACHING GOALS:

1. Going Deeper – by Expressing deeper feelings and authentically Listening with Empathy.

- Use prompts on page 39 as needed. (*"You can use one of the Prompts to Go Deeper on page 39 as you begin."*)
- Appendix A-2 and A-3 may help them find the right feeling words.
- The goal is to have them both feel "finished" – that they've said all they need to say and they really understand each other. **No solutions yet!**

2. Correct use of Expression Stick, Coaching Signal, and Time Out if needed.

- Expression Stick is held only by the Expresser. *"Bill, you're the Listener, so give the Expression Stick back to Jennifer and summarize what she – as the Expresser – said."*
- Help them use nonverbal Coaching Signal (p. 37). If one of them uses a trigger word or expresses their own thoughts when they are the Listener, tell them to use the nonverbal Coaching Signal. Help them get back on track.
- If one person begins to feel too upset to stay skillful, this is a great time to use a Time Out (p. 8): *"This is a great time to use a Time Out....I'm glad this happened on our coaching call so you could see how a Time Out sets you up for success."*
- End with page 40: *"Add to your notes about your partner's point of view on page 40. You'll refer to this during Session 8."*

3. Encouragement!

- Your couple deserves praise for working on a real issue. (*"I know that this wasn't an easy call, but I want to affirm both of you for sticking to the skills and going deeper. It'll pay off when you look for solutions in Session 8!"*)

END:

- *"It's been 30 minutes – great job tonight!"* (If they haven't finished their topic: *"I'm going to sign off, but please continue until you have finished this topic."*)
- IF YOU HAVE EXTRA TIME: Have them give each other Partner Appreciations. It's a quick way to get a struggling couple reconnected!

COACHING "TOOLS:"

Encouragement:	<i>"Good job!" "Great effort at going deeper/Expressing yourself!"</i>
Give Clear Directions	Tell them exactly what to do next
Model:	<i>"Start like this..."</i> (then say the words you want him/her to say)
Prompt feelings:	<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>)