

PREPARE:

- **DURING SESSION 8, assign coaching topic:** *During your coaching call, you'll review and finish your Agreement Worksheet and also work through a Habit Change topic. Have your workbooks in hand for when the call starts.*

COACHING CALL: Part 2 Workbook: Agreement Worksheet (p. 53); Changing Habits Worksheet (p. 56)

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

- *I'm here to coach you in the skills, not to give you advice on your solutions.*
- *In CoupleTalk Session 7, you picked a minor problem topic and had a CoupleTalk. Then you worked through solutions in Session 8.*
- *On this call, we'll look through your Agreement and Habit Change worksheets.*

YOUR COACHING GOALS:

1. An Agreement Worksheet that is thorough and that satisfies them both.

- Core Concerns: Did they know their partner's Core Concerns? Any more Core Concerns that need to be included? (If so, discuss these using CoupleTalk skills.)
- Is their Basic Plan the best solution that meets all Core Concerns? Did they identify all the Details of their plan? Did they make alternate plans for Special Circumstances? When is their Evaluation date?
- Do not suggest solutions to them. Instead, guide them to create solutions themselves. You're equipping them for the future!

2. A plan to change a habit – or support their partner's habit change.

- Use Changing habits Worksheet on page 56.
- If the Agreement Worksheet includes a "Change a Habit?" checkmark, use that topic. If not, ask one of them to choose a habit they'd like to change. (See possible topics on page 57.)
- Emphasize that the person making the change is responsible – and they have the option of asking their partner for support.

3. Encouragement!

- Congratulate your couple on working through an issue from beginning (Session 7) to end (Session 8.). They're now equipped to continue working through issues on their own!

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 give them the words to say)
Prompt feelings:	<i>"When that happened I felt..."</i> (and let them finish). Appendix A-2 & A-3