



My Coaching Notes



Names of Couple: _____

Contact Info: _____

After Session 2: An Early Memory of 'Us' or Something Important to Me (Workbook Part 1; pages 20-21 and 22-23)

Date: _____ From _____ to _____ AM/PM

Skills practiced in this call:

Listening with Empathy ("I" form): _____

Expressing Feelings: _____

**Next time, help them work on: _____

After Session 4: A Time for Us (Workbook Part 1; pages 60-61)

Date: _____ From _____ to _____ AM/PM

Skills practiced in this call:

Listening with Empathy ("I" form): _____

Expressing Feelings: _____

Expression Stick: (Expresser offers stick; Listener requests stick): _____

**Next time, help them work on: _____

After Session 7: CoupleTalk on a Minor Conflict Topic (Workbook Part 2; pages 38-39)

Date: _____ From _____ to _____ AM/PM

Skills practiced in this call:

Expressing deeper feelings: _____

Listening with Empathy: _____

Expression Stick: (Expresser offers stick; Listener requests stick): _____

Coaching Signal and/or Time Out (if needed) : _____

**Next time, help them work on: _____

After Session 8: Agreement & Changing Habits Worksheets (Workbook Part 2; page 53, 56)

Date: _____ From _____ to _____ AM/PM

Skills practiced in this call:

Agreement Worksheet: Core Concerns: _____

Basic Plan, Details, Special Circumstance, Evaluation Date: _____

Changing Habit Worksheet: _____

**Next time, help them work on: _____

After Session 10: Apology and Forgiveness or Growth CoupleTalk (Workbook Part 2; pages 73-75; 80-81; 89-111)

Date: _____ From _____ to _____ AM/PM

Skills practiced in this call:

Empathizing with their partner: _____

Listening with Empathy ("I" or "you" form for Growth CoupleTalks) _____

Expressing Feelings, including deeper vulnerable feelings: _____

Staying respectful: _____

** Congratulations on finishing your coaching calls!