



Coaching Call - After Session 10

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

START THE CALL - 5 MIN

- ☐ **Pick your topic** - If unfinished, have them finish the Apology and Forgiveness CoupleTalk from Session 9. Use discussion prompts on p. 80.
 - Or the other partner could offer an apology using pages 73-75.
 - Or choose a Growth Topic from all the subtopics in the grey boxes on pages 90-111.

TOPIC: Apology and Forgiveness: (Part 2, p. 73-75; 80-81)

- **Apologizer:** Follows prompts on p. 74. (Injured partner listens and summarizes), then
- **Injured Partner:** Follows prompts on p. 75 (Apologizer listens and summarizes)
- **Continue the CoupleTalk:** Use the Expression Stick; the goal is that both feel understood.
- When they're finished, be encouraging. They've 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!

TOPIC: Growth Topic (Part 2; p. 89-111)

- **Correct subtopic choice:** First pick a broad topic (p. 89), then choose a subtopic from the list on the designated page.

YOUR COACHING GOALS:

Correct use of skills:

- ☐ Let them choose whether to use the "I" form or "You" form of Summarizing with Empathy.
- ☐ Monitor their use of the Expression Stick: the one in the ROLE of Expresser always holds it.
- ☐ If needed, complete an Agreement Worksheet (p. A-10) or Changing Habits Worksheet (p. A-11).

Expressing and empathizing with feelings:

- ☐ Feelings, even vulnerable, deep feelings should be expressed honestly and with compassion.
- ☐ Is this Couple Talk "safe?" Are they accepting of the other's point of view and honest in expressing their own point of view?
- ☐ Does their discussion go deeper? Couple Talks should gradually deepen, like a "falling leaf."
- ☐ 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. Include appreciations!
- ☐ Your job as coach 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 hurt, or whatever other feelings you felt.'"*)

Encouragement!

- ☐ Quick review of Appendix pages.
- ☐ Congratulate your couple on finishing CoupleTalk! *"You two have done a great job on these calls! You now have a template to discuss any issue (Sessions 7 & 8) and to repair your relationship when there is hurt (Session 9). Good for you!"*

Coaching Tools

Encourage:

"Good job!"

"Great effort at going deeper!"

Clear directions:

Tell them exactly what to do next.

Model what to say:

"Start like this ..." (then say the exact words you want him/her to say).

Prompt feelings:

"When that happened, I felt ..." (and let them finish the sentence).