



Coaching Call - After Session 2

Topics: Couples will choose to practice one exercise:
An Early Memory of 'Us' (Part 1, p. 20-21) or
Something Important to Me (Part 1, p. 22-23)

Tools: Feeling Words (Appendix A-2 & A-3)

START THE CALL - 5 MIN

- ☐ **Greetings, ground rules** "I'll coach the skills—I don't give advice on your topic."
"Everything's confidential."
- ☐ **Pick your topic** *Early Memory of 'Us'* or *Something Important to Me*
- ☐ **When you Express** "Remember to include feelings as you talk."
- ☐ **When you're the Listener** Summarize in the "I" form.
"As [partner's name], I remember/feel..."
- ☐ **Let's begin** "Turn knee to knee. Who's ready to start?"

YOUR COACHING GOALS - BE SURE THEY EACH:

- ☐ **Listen with Empathy in "I" form** "As [partner's name], I remember/feel..."
 - If they use "you" form ("You remember...") – gently correct, and have them restate it.
 - Listener should not add his/her own thoughts or feelings. (*"Jason, I think you've begun speaking from your own point of view. You can get back on track by saying, 'As Jennifer, I felt...'"*)
 - It's VERY common to feel awkward at first, and to forget 'who is who.'
- ☐ **Identify and Express feelings**
 - Refer to the Feeling Word List (A-2 and A-3).
 - If feelings aren't expressed, say: *"When that happened, I felt ..."* (and let them finish).

WRAP UP THE CALL - 5 MIN

- ☐ **Explain Active v. Empathic Listening**
 - **Active:** Focuses on accurate understanding of content.
 - **Empathic:** Focuses on deeply connecting with partner's content AND with their feelings/concerns/desires. This enables deeper connection & understanding.
- ☐ **Homework** - Review p. 83; encourage them to do all 5 "days" after each session.
- ☐ **Sign off**
 - *"It's been 30 minutes – great work!"*
 - (If unfinished: *"Continue after I sign off"*)

Coaching Tools

Encourage:

"You're doing great!"
"It'll get easier with practice."

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).