



# Coaching Call - After Session 4

**Topic:** *A Time for Us* (Part 1, p. 60)

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

## START THE CALL - 5 MIN

- ❑ **Introduce** ..... *"You'll use both Expression and Listening with Empathy skills in this CoupleTalk."*
- ❑ **Pick your topic** ..... Use the same topic from the session or choose a new one.
- ❑ **When you Express** ..... Hold the Expression stick, even while your partner summarizes.
- ❑ **When you're the Listener** ..... Summarize in the "I" form.  
*"As [partner's name], I think, I feel, I want..."*

## YOUR COACHING GOALS - BE SURE THEY EACH:

- ❑ **Use the Expression Stick correctly.**
  - The Expresser continues holding the Stick while Listener summarizes.
  - If Listener reaches for the Stick: *"Jason, Jennifer is the Expresser so she keeps the Stick. You'll summarize her thoughts, feelings, concerns, and desires."* (This is a common mistake.)
- ❑ **Practice both ways of switching roles.**
  - Expresser offers the Stick. *"Jennifer, offer the Stick so Jason can Express."*
  - Listener asks for a turn to Express. *"Jennifer, you've done a good job Listening w/ Empathy. Give him the signal that you'd like to Express."* (nonverbal hand to chest)
- ❑ **Encourage deeper feelings.**
  - Have them use the Feeling Word List (A-2 and A-3) to help find feeling words.
  - If Expressing only thoughts, say: *"When that happened, I felt ..."* (and let them finish).
  - Use prompts on p. 60 to prompt a deeper dialogue. *"Jason, what are your thoughts or feelings about the 4th bullet - the cost of adding this activity?"*
  - If really "stuck," offer a range of two or three possible feelings *"Jason, maybe you're feeling happy, or worried, or irritated? Tell Jennifer what feeling is true for you."*
- ❑ **Encourage authentic Empathy**
  - The Listener is trying to see and feel things from their partner's perspective.
  - "Reading between the lines" is okay - if your partner would agree that what you add is true for them.

## WRAP UP THE CALL - 5 MIN

- ❑ **Encourage Homework** - After Session 3 (p. 101) and Session 4 (p. 113)
- ❑ **If extra time** - Ask each to give a Partner Appreciation and to summarize using the "you" form. A great way to reconnect a couple!
- ❑ **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).