



# My Coaching Notes

First Names of Couple: \_\_\_\_\_

Contact Info: \_\_\_\_\_

## After Session 2: An Early Memory of 'Us' or Something Important to Me

Day/Date: \_\_\_\_\_ From \_\_\_\_\_ to \_\_\_\_\_ AM/PM

### Skills to practice on this call:

- |  |   |
|--|---|
| <input type="checkbox"/> Listening with Empathy ("I" form) | <input type="checkbox"/> Explain "Active v. Empathic Listening" |
| <input type="checkbox"/> Expressing Feelings               | <input type="checkbox"/> Review & Encourage Homework            |

\*\*Next time, help them work on: \_\_\_\_\_  
\_\_\_\_\_

## After Session 4: A Time for Us

Day/Date: \_\_\_\_\_ From \_\_\_\_\_ to \_\_\_\_\_ AM/PM

### Skills to practice on this call:

- |   |   |
|---|---|
| <input type="checkbox"/> Listening with Empathy, going deeper | <input type="checkbox"/> Practice both ways to switch roles |
| <input type="checkbox"/> Expressing Feelings, going deeper    | <input type="checkbox"/> Review & Encourage Homework        |

\*\*Next time, help them work on: \_\_\_\_\_  
\_\_\_\_\_

## After Session 7: CoupleTalk on a Minor Conflict Topic

Day/Date: \_\_\_\_\_ From \_\_\_\_\_ to \_\_\_\_\_ AM/PM

### Skills to practice on this call:

- |   |  |
|---|--|
| <input type="checkbox"/> Expressing deeper feelings     | <input type="checkbox"/> Expression Stick, used properly |
| <input type="checkbox"/> Listening with Empathy, deeper | <input type="checkbox"/> Coaching Signal and/or Time Out |
|   | <input type="checkbox"/> Review & Encourage Homework     |

\*\*Next time, help them work on: \_\_\_\_\_  
\_\_\_\_\_

## After Session 8: Agreement & Changing Habits Worksheets

Day/Date: \_\_\_\_\_ From \_\_\_\_\_ to \_\_\_\_\_ AM/PM

### Skills to practice on this call:

- |   |  |
|---|--|
| <input type="checkbox"/> Completed Agreement Worksheet?       | <input type="checkbox"/> Discuss Basic Plan, Details, etc. |
| <input type="checkbox"/> Discuss Core Concerns, are they met? | <input type="checkbox"/> Changing Habit Worksheet used?    |
|   | <input type="checkbox"/> Review & Encourage Homework       |

\*\*Next time, help them work on: \_\_\_\_\_  
\_\_\_\_\_

## After Session 10: Apology and Forgiveness or Growth CoupleTalk

Day/Date: \_\_\_\_\_ From \_\_\_\_\_ to \_\_\_\_\_ AM/PM

### Skills to practice on this call:

- |  |  |
|--|--|
| <input type="checkbox"/> How are they doing in Empathy?    | <input type="checkbox"/> Are they going deeper and sharing feelings? |
| <input type="checkbox"/> How are they doing in Expressing? | <input type="checkbox"/> Review & Encourage Homework                 |
|  | <input type="checkbox"/> Quick review of Appendix Pages              |

\*\*Next steps? \_\_\_\_\_  
\_\_\_\_\_

**Congratulations on finishing your coaching calls!**