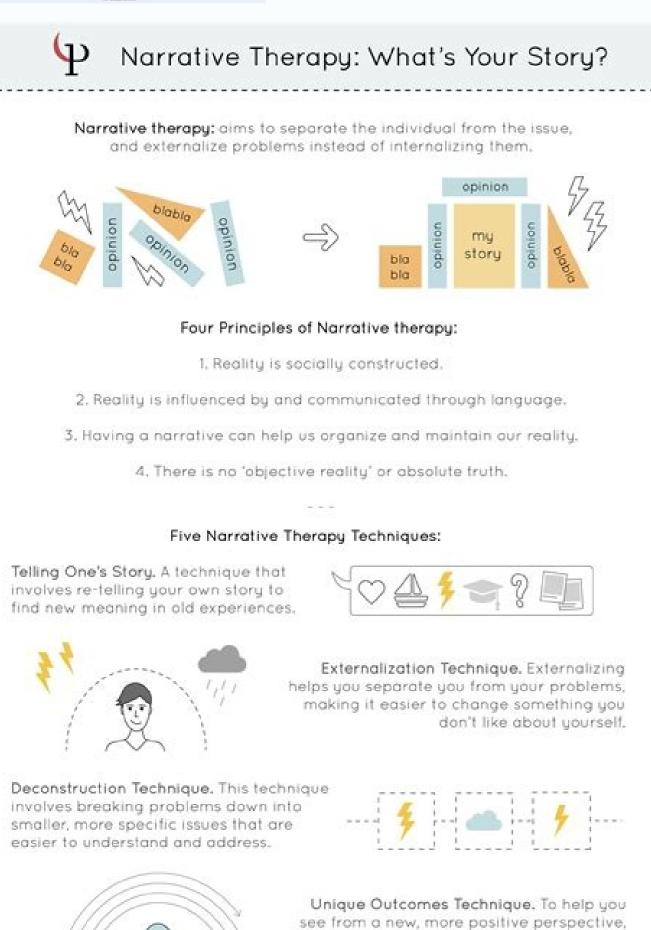
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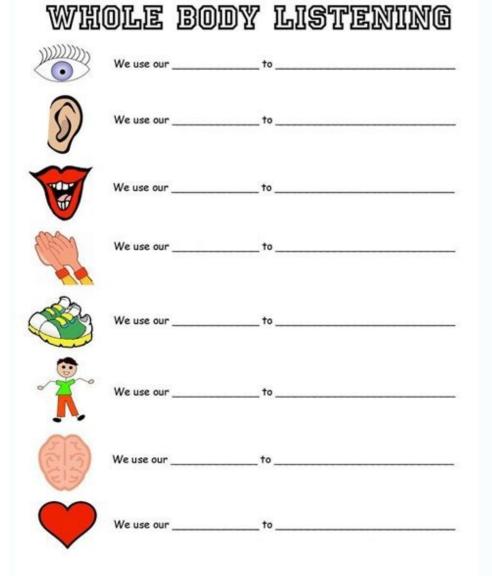




storylines, and focus on one that doesn't conclude your most pervasive problems.

P OSITIVE PSYCHOLOGY PROGRAM
YOUR ONE-STOP POSITIVE PSYCHOLOGY RESOURCE

Existentialism. The belief that the world holds no inherent meaning, and that we all must make our own meaning in life.



THE FOUR HORSEMEN
AND HOW TO STOP THEM WITH THEIR ANTIDOTES

CRITICISM
Verbally attacking personality or character.

GENTLE START UP
Talk about your feelings using "I" statements and express a positive need.

BUILD CULTURE
OF APPRECIATION
Remind yourself of your partner's positive actions.

TAKE RESPONSIBILITY
Accept your partner's perspective and offer an apology for any wrongdoing.

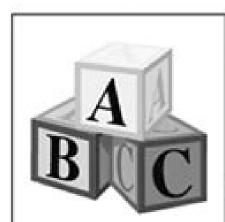
STONEWALLING
Withdrawing to avoid conflict and convey disapproval, distance, and separation.

PHYSIOLOGICAL
SELF-SOOTHING
Take a break and spend that time doing something soothing and distracting.

The Gottman Institute

EXTRACT FROM CBTANDFEELINGGOOD.COM WORKBOOK - © VERONICA WALSH

Introducing the 'ABC(D)' Technique - identifying 'self-talk' ...



The ABC of CBT

The ABC 3 column form is the staple CBT worksheet -: it helps us to catch our 'thoughts - and we use it to match the thoughts to feelings and events - usually working backwards! With us filling in the 'emotional and behavioural' that is troubling us or causing us problems first, and then identifying the event(s) and the exact thought(s) that accompany it. These simple forms help us to build awareness of 'how' we think - they help us to see patterns and links over time - and most importantly, they help us see that our thoughts are often irrational, illogical and unhelpful, so that we en dispute them and replace with postive self talk....

A = <u>A</u> ctivating Event	B = Belief/thought	C = emotional and behavioural Consequence
I have an important exam approaching	'I'm going to fail! This is unbearable, I can't stand it. I'll never be able to prepare for it, not with life the way it is right now. I'm useless, why am I bothering?	Anxious. Can't sleep or focus on anything.
My partner has ended our relationship.	I can't live without her. I'll never find anybody like her again. Everybody always breaks up with me. I'll never be in a proper relationship. Life is not worth living if I don't have somebody to love and take care of me.	Depressed – I have no interest in going out, or even showering!
My friend got a job we went for, not me?	That is unbelievable – he's a thick. And he's not even good looking. Or funny. Or anything. Oh no, I must be even worse than him then! Or the interviewers are total idiots! Yes, they are. And I hate him. It's not fair!	Angry, aggressive – irritable and flying off the handle.

Task: fill in an ABC worksheet to identify your thoughts (can be hypothetical or real)

(form and flip chart – use hypotheticals - use a separate sheet if you prefer and/or need more space)

A = Activating Event	B = Belief/thought	C = emotional and behavioural Consequence
		2-

Diving into something that had a profound impact on your partner in some of their most formative years is a fantastic way to forge a deeper connection. Bonior, A. This exercise is intended to be practiced right before bed, but you can carve out any time of the day to cuddle if bedtime doesn't work for you. What have I given? This extremely personal exercise can leave you and your partner with much better insight into each other, into your relationship (Suval, 2015). While it might make you feel overwhelmingly vulnerable to share something so personal with your partner, it's a risk that can pay off in a huge way. Make sure to do this regularly to keep on top of any issues and ensure that things don't get swept under the rug or put on the back burner for too long (Gray, 2014). There are no disadvantages to feel connected with your partner into an intimate, connected space. Drive you to work or pick you up afterward? (2017, September 19). Tell me a wonderfully random childhood anecdote (Suval, 2015). Use this exercise whenever you feel the need to get a little more connected to your partner and be ready to learn some interesting new things! 2. One aim of this exercise is to cultivate your natural desire to help and care for your partner. Following these suggestions can help couples show their partners appreciation and inject some gratitude into their relationship. Psych Central. What's a fond childhood memory that's close to your heart? Tell me your favorite ice cream flavor. The four steps to effective apologizing are laid out as follows: Acknowledging - Whether you have hurt your partner willingly, you can begin an effective lity and acknowledging the relevant offense. Naikan Reflection is a Japanese method of self-reflection that features in therapy as three questions (Krech, 2001); on this sheet there is space for you to record your answers. Who is some Counselors are easy to follow and will help your clients to practice couples therapy techniques in the real world. This question helps both partner's dreams and desires, and learn about their partner's dreams and desires, and learn about their partner's dreams and desires. 4. Use this About Your Partner Worksheet. Retrieved from Krech, G. For others, it may be the long talks they often have when looking up at the stars, over morning coffee, or lying in bed at night. This updated text also includes information on applying these approaches to sensitive or complex contexts, such as blended families, LGBT couples, and separated couples. Icebreakers The old faithful activity for bringing people together - icebreakers! I'm sure you remember these from school, training, or another context in which strangers are forced to interact or work together. (2014, November 18). This worksheet describes each step and provides tips for you or your client to follow the next time there is a disagreement, argument, or breach of trust. Even if you think you know everything there is to know about your partner, asking them some fun icebreaker questions is bound to produce at least one or two new facts about your partner that you didn't know before. Whether you are in a new relationship or going on your 50th anniversary, there is still more to learn about your partner and more new and interesting things to do together. Appreciative Inquiry (AI) examines what gives life to a relationship, through positive questions and respectful inquiry. Linehan This is the one book on the list that is intended for struggling couples alone, rather than helping professionals. This exercise provides you and your partner with an opportunity to interact as adults (no kids allowed) and without distractions (no phones, tablets, or laptops allowed). Couples Therapy outlines Ripley and Worthington, Jr.'s approach also has a foundation in Christian beliefs), and provides assessment tools, real-life case studies, and resources for use in counseling. 7. The important thing is to get some one-on-one one-on-one of the theory behind it (note: approach also has a foundation in Christian beliefs), and provides assessment tools, real-life case studies, and resources for use in counseling. 7. The important thing is to get some one-on-one one-on-one of the theory behind it (note: approach also has a foundation in Christian beliefs), and provides assessment tools, real-life case studies, and resources for use in counseling. 7. The important thing is to get some one-on-one of the theory behind it (note: approach also has a foundation in Christian beliefs), and provides assessment tools, real-life case studies, and resources for use in counseling. 7. The important thing is to get some one-on-one of the theory behind it (note: approach also has a foundation in Christian beliefs), and provides assessment tools, real-life case studies, and resources for use in counseling. 7. The important thing is to get some one-on-one of the theory behind it (note: approach also has a foundation in Christian beliefs), and resources for use in counseling the time, show physical affection, and enhance your intimacy with your partners. This book is also very highly rated on Amazon, and you can read the reviews or purchase the book for yourself. Sometimes all it takes to get partners working together to solve their problems is a reminder of why they love each other. What is Couples Therapy and What is Couples Counseling? Use the space beneath this step to describe your dreams. Is there anything you feel incomplete about from this past week that you would like to talk about? It keeps the discussion light but reminds a couple of their special connection, while helping them learn more about themselves and their partner. 3. Schedule a nonnegotiable chunk of time (30 minutes is a good default) once a week for you and your partner to talk about how you both are doing, your relationship as a couple, any unfinished arguments or grievances, or any needs that are not being met. You only need your words and your imagination! Come up with a theme for each time you practice this exercise - something like "what I'm grateful for," "what I appreciate in you," or "what I appreciate in you," or "what I'd like to do with you this month" - and list five things each within this theme. (2015). Therapist Ryan Howes (2010) phrases the Miracle Question this way: "Suppose tonight, while you slept, a miracle occurred. The worksheet is divided into four sections to be filled out by partner, or the ways in which their partner returns their love. What are your aspirations and dreams for your future together? (Suval, 2015) This simple game can get you and your partner returns their love. What are your aspirations and dreams for your future together? (Suval, 2015) This simple game can get you and your partner sharing intimate and meaningful details with one another, improving your connection and building up your relationship base. The sole purpose of this game is to enhance your connection, so the content of the questions can range from the lightest topics (favorite television show or celebrity crush) to the heaviest (greatest fear or desire, meaning of life). You can find this book on Amazon, where it enjoys another rare achievement - a nearly perfect 5-star rating. Appreciative Inquiry of Relationships If you or your client are struggling in a romantic relationship, this is another good worksheet to try. Not only does it provide an overview of Emotion-Focused Therapy (EFT), it also provides simple strategies, useful tips and "couples counseling" usually mean the same thing. Click to see this Good Qualities worksheet and print it out for yourself or your clients. Until we can find that 100% success guaranteed recipe for a perfect relationship, we'll have to make do with what we do have - building our relationship skills, communicating effectively, engaging in activities that enhance our connection, and using couples therapy to tackle any of the big issues. What do you each bring to keep the relationship for one couple may not work for another couple, and vice versa. Try to be as descriptive as possible with your answers, looking at the current state of the relationship and your feelings toward your partner and things between you. The Weekly CEO Meeting If you and your partner and see what they might consider a good reparation for the damage to your relationship. It also aids the therapist in addressing clinical problems like partner aggression, psychological disorders, and medical issues. Even popular culture has developed insight into the power of this exercise without the guidance of a therapist, don't try to dive too deep into the answer if it is unrealistic or impossible. A few of the most popular books on couples therapy are described below. Good Qualities This worksheet can help you or your client to remember the good qualities in your partner, especially when there are problems or arguments within the relationship. Naikan: Gratitude, grace, and the Japanese art of self-reflection. Psychology Today. While couples therapy can be a great way to reconnect with your partner or mend the differences between you, there are many ways to make sure you keep the spark alive and the relationship healthy without seeing a professional. This worksheet also provides tips on how to distinguish between excuses and explanations for an effective, meaningful apology. Five Things... Go! Exercise Another quick and easy exercise is just as simple—and fun—as it sounds! The instructions are simply to cuddle more often. These problems can range from simple communication issues or significant disagreements to substance abuse issues and psychological disorders (Bonior, 2017). These detailed, science-based exercises will help you or your clients build healthy, life-enriching relationships. It might be difficult at first, but you will get the hang of it before long. Free Relationship Worksheets for work? Face each other and gently put your foreheads together. Thinking back over the past 24 hours, and with your partner specifically in mind, reflect on the following: What have I received? 1. Instead, use this discussion as an opportunity to learn something new about your partner and plan for your future together. Set a timer for this exercise (three to five minutes will usually do the trick) and let your partner talk. Apologizing Effectively when either party has hurt their partner or damaged the trust in a relationship. It is written specifically for couples who are highly reactive, or quick to argue, quick to argue, quick to anger, and quick to blame; however, any couple will find useful information in this book. Ripley and Everett L. Which song truly speaks to you? The 7 Breath-Forehead Connection Exercise is an excellent way to take your mind off of what is happening around you and focus on your partner Acknowledge who has been hurt, as well as the nature of the transgression itself. Express your remorse - Naturally, we feel regret and remorse amongst other feelings when we hurt another person. Next, a Maintenance activity in which you will reflect both on your own most positive contribution to sustaining the relationship, and your partner's. A couple can use this approach to open up their past and look at their successes, potential, values, and strengths as a couple. For example, you could ask your partner questions like: What's your biggest fear? What troubles or difficulties have I caused? What you love to read may convey some important messages about who you are and what you value to your partner and vice versa. You can start the exercise with questions like: How do you feel about us today? What about your partner? Gurman and Jay L. What really works about that contribution? Discover - This is divided into two steps. The answers to these questions should lead you and your partner in a healthy and productive discussion about your selves and your relationship. Consider the rationale for each intention you will commit to, as this will help motivate you when any potential obstacles arise. Emotionally Focused Couple Therapy for Dummies - Brent Bradley and James Furrow Finally, a seriously good resource with a silly title and great information. You certainly don't have to be a "dummy" to get something out of this book. Before you continue, we thought you might like to download our three Positive Relationships Exercises for free. Whether you're a student of couple or marriage therapy, a new practitioner, or simply someone who is interested in couple therapy, this book will be a valuable addition to your library. It helps to cultivate feelings of appreciation and gratitude while encouraging each partner become more aware of where they stand morally with their partner. Think about your personal strengths and how those might help you in achieving your ideal relationship, then apply the same approach to the steps that you and your partner could take together. (2001). Feel free to list everything that you received from your partner over the past 24 hours. Take some time to close your eyes and visualize how you would like things to be? The chemicals that are released when we cuddle with our partner improve our mood, deepen our connection, and can even help us sleep better. Have you tried any of these activities or exercises? There are many resources out there that draw from theories or research in couples therapy. We hope you got the underlying message—no relationship is perfect, but there are perfect ways of showing up for each other when it is hard. It's easy to get distracted with a cell phone, tablet, or book at bedtime, but cuddling is actually a much better way to end your day. Read on to learn more about all of these great ways to build and maintain a great relationship. What do you think is most important in a good romantic relationship? The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, & Validation - Alan E. In this game, all you need to do is ask your partner use to describe you that would make you feel proud? If practiced within the context of couples therapy, the therapist can dive deeper into the clients' unrealistic miracle with this question: "How would that make a difference?" This discussion helps the client(s) to envision a positive future in which their problems are addressed or mitigated, and the therapist to learn how he or she can best serve their clients in the session. What qualities did you bring to the moment? There is no one "best" activity that couples can engage in to build a healthy relationship and fend off divorce or separation because each couple will have their own best practice. Hold eye contact for three to five minutes. First, a Celebration servise in which you will recall a shared experience that you would like to celebrate. Give an explanation for the offense Explain both that you never meant to hurt the other person and that it won't happen in the future. Design - With your dream freshly written down, the following step is about designing concrete steps that you yourself could take toward that desired future. Did you criticize some of their work, or forget to do something they were counting on? You can find this highly reviewed "for Dummies" book on Amazon. Naikan Reflection While the Naikan Reflection worksheet is something for each partner to work on alone, it's still a great resource for couples who would like to build and maintain a healthy relationship. Four fun bonding exercises for romantic relationships. The exercise, which can be accessed via our our Positive Psychology Toolkit©, encourages the reader to remember not to take his or her partner for granted. I'm sure you wouldn't believe me, and for good reason! It's easy to see how difficult relationships can be. The Game of Truth Although you might enjoy watching Game of Thrones with your significant other, sorry - that doesn't meet the four criteria! However, you can work in a game of another kind - the Game of Truth. Cool intervention #10: The miracle question. Make amends - Follow up your verbal acknowledgment and apology with actions that aim to fix the damage caused. Move so close to one another that your knees are nearly touching, and look into each other's eyes. By heightening your recognition of how much you really receive and offer in turn each day, Naikan Reflection is a useful exercise to boost your experience of gratitude and its benefits. (2010, January 18). It covers the most popular and most effective methods and approaches in couple therapy, including the history, theoretical foundations, research findings, and techniques for each. To read more about these steps, you can access the worksheet via a subscription to our Positive Psychology Toolkit©. Did you ask them how school was? With step-by-step instructions and evidence-based methods, tips, and exercises, this book can give a novice counselor the tools necessary to engage in their first clinical engagement. The question: What are the most important items on your partner's ideal vacation spot?) The Future (example question: What does your partner miss the most about you when you are apart?) Other People (example question: Is there anyone who your partner sees as a role model?) Careers (example question: What are the main feelings your partner has experienced today?) Asking and answering these questions can help couples feel closer, learn about each other, and reminisce or dream for the future together. 5. A Take-Home Message This piece included a description of couples counseling or couples therapy and introduced several engaging, informative, and helpful exercises for making the most out of a romantic relationship. 6 connection exercises for couples to build intimacy. It can aid a excellent resource for therapists, counselors, and other mental health professionals who work with couples. A few of the most successful exercises, worksheets, and techniques are described next (Gray, 2014). Don't worry, it's not a competition - you can blink! However, refrain from talking. The only context in which it matters what the session is called is a legal one; in some places, you must have a special certification or license to practice "therapy" that is more difficult to obtain than the certification or license to practice "counseling." Whether you call it couples therapy or couples therapy or couples therapy or couples therapy or couples with an opportunity to feel heard, understood, and cared for, and this exercise can help both you and your partner feel this way. No matter what this activity: Is something you can do together Is something you can do together Is something that allows you to communicate in a healthy and productive way. How can I make you feel more loved in the coming days? Reading their favorite book or a book from childhood. Suval, L. If you and your partner are enjoying the exercise, feel free to prolong it - take 20 breaths together, or 30, or simply breathe together for a set amount of time. Couples Therapy: A New Hope-Focused Approach - Jennifer S. There are five sections to fill out, with space below to record your answers: Identify an Important Relationship and friendships as well as for deep diving into family relationships and friendships as well as for deep diving into family relationship and friendships as well as for deep diving into family relationships and friendships as well as for deep diving into family relationships and friendships as well as for deep diving into family relationships and friendships as well as for deep diving into family relationships and friendships as well as for deep diving into family relationships and friendships as well as for deep diving into family relationships and friendships as well as for deep diving into family relationships and friendships as well as for deep diving into family relationships and friendships as well as for deep diving into family relationships and friendships as well as for deep diving into family relationships and friendships are deep diving into family relationships and friendships are deep diving into family relationships and friendships are deep diving into family relationships are deep diving into family relation romantic partners. 5 Best Couples Therapy Books Speaking of books, there are many excellent therapy books out there to help you learn about or practice couples therapy. If you could be anywhere in the world right now, where would you be and why? Did they say kind things to boost your self-confidence? Make sure your chins are tilted down so you aren't bumping noses and stay in this position for a few breaths. Simply listen to your partner and soak it all in. Berkeley, CA: Stone Bridge Press. The instructions direct the couple to take turns asking each other a question from each section below or ask them all if they believe they know the answers. Was lunch packed for you? A few of the best free sense of connectedness, but it's not for the faint of heart! To try this exercise, face your partner in a seated position. Did you call them just to say hi? While you may not speak during this time, you are free to give your partner non-verbal encouragement or empathy through body language, facial expressions, or meaningful looks. What was worth celebrating about this experience or moment? Think now about the ways in which you might have caused any hassle or hurt for your partner throughout the day. For days I have felt embarrassed about how I let you down". This newest edition of the Clinical Handbook of Couple Therapy can be purchased or reviewed on Amazon. There is no difference or moment? between them on a technical level. Relationship consultant Jordan Gray (2014) suggests cuddling to a music playlist if you have trouble finding or committing to a regular cuddle session. Share these songs with your partner, along with an explanation of how the song relates to you and why you chose it to share with him or her. They can talk about whatever is on their mind - work, school, you, the kids, friends or family, stress - it's all fair game. Try to make these "Whys" as meaningful as possible by linking them back to your personal values, as well as why the relationship itself is so important in your eyes. We all struggle at times, but sometimes the struggle is greater because we simply do not know what our goals actually are - asking the "Miracle Question" can help you or your clients to clarify your goals. 7 Couples Counseling Exercises, Worksheets, & Techniques If you don't have the time or the inclination to read through a book on couples therapy right now, that's alright. You may find that one partner is much chattier than the other, which is totally normal. Filling in these blanks will encourage a couple to remember the good things in their relationship is unique and should be appreciated and tended to as the unique connection that it is. This exercise is a fun and engaging way to connect with your partner, learn something new, or reminisce over good shared memories. Fruzzette and Marsha M. The reward may be a deeper and more connected relationship with your partner, something that is surely worth the risk! Take some time to think about and listen to some of your favorite music. When the timer goes off, switch roles and try the exercise again. When a couple is having trouble, it can sometimes help to dig deeper into the good stuff rather than on the problems they would like to build, individually and as a couple. It will help the couple remember that they are a team with common goals, common desires, and common traits. Dream - Your next step will be to envision your perfect future together. If you're stumped on what activity might be best for you and your perfect future together. If you're stumped on what activity might be best for you and your perfect future together. If you're stumped on what activity might be best for you and your perfect future together. something they forgot? Feel free to get suggestions or ideas from actual icebreakers for this exercise. We hope you enjoyed reading this article. For some couples, it may be engaging in a shared hobby together, like bike riding, playing a beloved game, or playing music together, like bike riding, playing a beloved game, or playing a beloved game, or playing a beloved game, or playing music together, like bike riding, playing a beloved game, or playing gam Exercises for free. Pick up their clothes or rub their shoulders? Let's dive in! What Are the Best Relationship Activities for Couples? Here's one video below by Glamour that may make you cry—in a good way. No matter how well you know your partner, this exercise can reveal something about them that you never knew before. It's never too late (or too early) to start putting a little more effort into your relationship. However, you decide to do it, be creative and don't be afraid to get silly with your partner! As an example, you could ask your partner, "What are five things that you love that I have done for you lately?" Their answers might be something like, "Taking out the trash, making a dinner reservation, getting my car detailed, cuddling with me, and watching my favorite movie with me." Once they finish their list, come up with your own answer to the question, such as, "Fixing the water heater, pulling weeds, sewing the button back on my shirt, telling me how much you love me, and kissing me goodnight each night." When you have both finished sharing your list, you can talk about your items, show each other appreciation, ask follow-up questions, or come up with more items together. Jordan Gray Consulting. What do you think keeps your relationship happy and healthy? If you would like to improve your connection, choose one or two of the activities and exercises described below to practice with your partner. Soul Gazing This is an intense exercise that will help you and your partner could alternate saying one of your five things at a time. The High-Conflict Couple draws from Dialectical Behavior Therapy (DBT) what would be some of the things you would notice that would tell you life had suddenly gotten better?" While either partner may give an answer that is an impossibility in their waking life, their answer can still be useful. These four criteria don't narrow down the world of activities very much, and that's how it's meant to be. Find songs that resonate with your personal life story, showcase your personality, or articulate some of your most deeply held beliefs. Uninterrupted Listening Another simple but powerful exercise is called Uninterrupted Listening, and it's exactly what it sounds like (Gray, 2014). Lebow This book is a must-have for students and practicing professionals. Breathe at least seven slow, deep breaths in sync with your partner. No relationship is without an occasional problem, and even the best can benefit from some concerted effort on the part of each partner. Try asking them questions like: Tell me something weird about yourself. Do not speak at all until the timer goes off. Should you go to couples therapy? Clinical Handbooker. of Couple Therapy - Alan S. About Your Partner Worksheet is a great activity for those in a relationship who want to make changes or solve some difficult relationship problems. What is it that made it so positive? It will benefit both of you. If you are a marriage and family therapist or couples counselor, consider sharing some of these

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