



Couples Therapy Workbook

Kathleen Mates-Youngman

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Couples Therapy Workbook is a series of guided questions to promote meaningful couple conversations and build ongoing, connected communication. The core of this unique guide is 30 guided conversations of the most critical relationship struggles. For each of the 30 topics, there is an introduction, goal-setting strategies and 10 scripted questions to ask each other - all presented in an easy-to-use mindful style. Set in a weekly format over 30 days but can be tailored to any timeframe. Designed to be used to couples, and also by therapists working with couples (bonus clinician prep included with each conversation).

Week 1- Who Are We? Falling in Love, Friendship, Caring, Acceptance, Empathy, Emotional Intimacy, Rituals

Week 2- Who Am I? Childhood, Family Origin, Temperament, Influences, Spirituality, Values, How I Think

Week 3- How do we work? Communication, Conflict, Defensiveness, Intimacy, Trust, Fidelity and Boundaries, Parenting, Staying in Sync

Week 4- What do we want? Romance, Joy and Gratitude, respect, Apologies and Forgiveness, Challenges, Relationship Savings Account, Past, Present & Future, Keeping Connected

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