

Appendix F

# Therapist Worksheets for In-Session and At- Home Experiments

## IDENTIFY BEHAVIOR-OUTCOME CONNECTIONS

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*IDENTIFY THE PATTERN OF INEFFECTIVE BEHAVIOR.*

MY CURRENT BEHAVIOR (BEFORE THIS EXERCISE)	MY PARTNER'S RESPONSE

Alternative behaviors (that might elicit a more desirable response):

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*(IF APPLICABLE, AFTER ROLE-PLAY PRACTICE, CIRCLE ALTERNATIVE BEHAVIORS THAT WORKED.)*

This week I will practice the following:

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*BRING THIS WORKSHEET BACK NEXT SESSION WITH A FOLLOW-UP:*

How did it work during the week?

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## COLLABORATIVE GOAL SETTING

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Couple Goals

Individual Partner Goals for (name) \_\_\_\_\_

Individual Partner Goals for (name) \_\_\_\_\_

# COLLABORATIVE PROBLEM-SOLVING WORKSHEET

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**Couple Contract for what purpose?** \_\_\_\_\_

**Step 1:** Identify and clarify what the problem is.

Partner

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Partner

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**Changes we hope to see or goals we hope to accomplish through our agreement:**

Partner

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Partner \_\_\_\_\_

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<b>What each partner will do:</b>	<b>When/under what circumstances:</b>	<b>How often?</b>	<b>For how long?</b>	<b>When to evaluate this agreement:</b>
Name _____				
Name _____				

Notes:

## INTIMACY-ORIENTED COMMUNICATION TRAINING FOR COUPLES: THERAPIST'S WORKSHEET

Steps in Communication Training	Tried it <input type="checkbox"/> ✓		Worked <input type="checkbox"/> ✓	
Which partner?				
<ul style="list-style-type: none"> <li>• Therapist acknowledged _____'s feelings, offers understanding</li> </ul>				
<ul style="list-style-type: none"> <li>• Therapist offers alternative perspective for _____'s communication</li> </ul>				
<ul style="list-style-type: none"> <li>• Intervene with _____'s interpretations               <ul style="list-style-type: none"> <li>○ Intervention used:</li> </ul> </li> </ul>				
<ul style="list-style-type: none"> <li>• Collaborate with partners to establish realistic communication goals               <ul style="list-style-type: none"> <li>○ What was addressed/offered?</li> </ul> </li> </ul>				
<ul style="list-style-type: none"> <li>• Behavioral guidance offered               <ul style="list-style-type: none"> <li>○ Suggestions offered:</li> </ul> </li> </ul>				
<ul style="list-style-type: none"> <li>• Behavioral rehearsal—Therapist modeled skill— which?</li> </ul>				

## REVERSE ROLES ROLE-PLAY: IN-SESSION THERAPIST WORKSHEET

Therapist Steps in Reverse Role-Play	Tried it ✓	Worked ✓
<ul style="list-style-type: none"> <li>• Provide a rationale</li> </ul>		
<ul style="list-style-type: none"> <li>• Collaborate with the couple to set up a scenario</li> </ul>		
<ul style="list-style-type: none"> <li>• Sit quietly while couple engages in the role-play</li> </ul>		
<ul style="list-style-type: none"> <li>• Check in and find out how each partner feels about his or her part in the role-play</li> </ul>		
<ul style="list-style-type: none"> <li>• Continue with the role-play, incorporating feedback from the discussion</li> </ul>		
<ul style="list-style-type: none"> <li>• Reverse back to normal roles and replay, incorporating insights gained from the reverse roles role-play</li> </ul>		
<ul style="list-style-type: none"> <li>• Guide post role-play discussion</li> </ul>		
<ul style="list-style-type: none"> <li>• Give homework (that incorporates what the partners have learned from the reverse roles role-play)</li> </ul>		
<ul style="list-style-type: none"> <li>• Additional steps used:</li> </ul>		
<ul style="list-style-type: none"> <li>•</li> </ul>		

## GIVING DAYS WORKSHEET

<i>Partner:</i>		
<i>Date:</i>		
<i>What I'd like to give to my partner:</i>	<i>Feedback: Impact of this gift on my partner.</i> ++ Very positive + Positive 0 Neutral, no impact	
	Today	Next Session
<i>Circle any gifts that you will give your partner this week:</i>		



## WORKSHEET FOR EFFECTIVE SELF-EXPRESSION

Self-Expression Skills to Work on	√
<ul style="list-style-type: none"> <li>• Open communication about what is going on with me</li> </ul>	
<ul style="list-style-type: none"> <li>• Communicating that I accept my partner as he or she is (or even love him or her as he or she is) and his or her message to me</li> </ul>	
<ul style="list-style-type: none"> <li>• Offering affirmations, compliments</li> </ul>	
<ul style="list-style-type: none"> <li>• Offering reassurances to my partner</li> </ul>	
<ul style="list-style-type: none"> <li>• Bringing up concerns in a way that leads to constructive communication and problem solving</li> </ul>	
<ul style="list-style-type: none"> <li>• Expressing needs, wants without criticizing</li> </ul>	
<ul style="list-style-type: none"> <li>• Demonstrate my respect for my partner (does my partner complain that I don't show him or her respect?)</li> </ul>	
<ul style="list-style-type: none"> <li>• Ask for or stand up for my own needs, wants, and values; be assertive</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	

# EFFECTIVE SELF-EXPRESSION: THERAPIST WORKSHEET

Client's Name: \_\_\_\_\_

Targeted Communication Goal:		
Intervention Steps Accomplished:	Tried it	Worked
• Model skill		
• Explain skill		
• Role-play practice		
• Feedback session		
• Repeat		

Targeted Communication Goal:		
Intervention Steps Accomplished:	Tried it	Worked
• Model skill		
• Explain skill		
• Role-play practice		
• Feedback session		
• Repeat		

## WORKSHEET FOR IMPROVING LISTENING SKILLS

Listening Skill(s) for Me to Work on:	√
<ul style="list-style-type: none"> <li>• Listen quietly without interrupting</li> </ul>	
<ul style="list-style-type: none"> <li>• Be attentive, show interest</li> </ul>	
<ul style="list-style-type: none"> <li>• Listen actively to show I understand my partner's communication: Ask open-ended questions, paraphrase, reflect feelings</li> </ul>	
<ul style="list-style-type: none"> <li>• Monitor my interpretations of my partner's words                             <ul style="list-style-type: none"> <li>○ Does my partner occasionally or frequently tell me that I am misunderstanding his or her meaning or intentions?</li> </ul> </li> </ul>	
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Are there any interpretations I make of my partner's words that seem to cause me trouble (or trouble us as a couple)? Please list some here.</li> </ul> </li> </ul>	
<ul style="list-style-type: none"> <li>• Keep myself calm about what my partner is saying to me                             <ul style="list-style-type: none"> <li>○ What works so far to help me stay calm?</li> </ul> </li> </ul>	
<ul style="list-style-type: none"> <li>• Additional goals</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	

## LISTENING SKILL TRAINING: THERAPIST WORKSHEET

Listening Skill Focus for Intervention:		
Intervention Steps Accomplished:	Tried it	Worked
<ul style="list-style-type: none"> <li>• Model skill</li> </ul>		
<ul style="list-style-type: none"> <li>• Explain skill</li> </ul>		
<ul style="list-style-type: none"> <li>• Role-play practice</li> </ul>		
<ul style="list-style-type: none"> <li>• Feedback session</li> </ul>		
<ul style="list-style-type: none"> <li>• Repeat</li> </ul>		

Listening Skill Focus for Intervention:		
Intervention Steps Accomplished:	Tried it	Worked
<ul style="list-style-type: none"> <li>• Model skill</li> </ul>		
<ul style="list-style-type: none"> <li>• Explain skill</li> </ul>		
<ul style="list-style-type: none"> <li>• Role-play practice</li> </ul>		
<ul style="list-style-type: none"> <li>• Feedback session</li> </ul>		
<ul style="list-style-type: none"> <li>• Repeat</li> </ul>		

# EMOTION REGULATION TRAINING: THERAPIST'S WORKSHEET

Step	Intervention	Tried it	Worked
<ul style="list-style-type: none"> <li>Empower the client when introducing the training How shall it be or how was it framed?</li> </ul>			
<ul style="list-style-type: none"> <li>Identify the most troubling emotion</li> </ul>			
<ul style="list-style-type: none"> <li>Identify and validate healthy goals associated with the current functioning (e.g., normalize them as part of intimacy regulation)</li> </ul>			
<ul style="list-style-type: none"> <li>Identify alternative, more adaptive strategies for emotion management (brainstorming process)</li> </ul>			
<ul style="list-style-type: none"> <li>Test the alternatives—as homework; client tries out one or more strategies Which?</li> </ul>			

## DUAL MONITORING FORM

Internal State Emotion 1-10:	Observations of My Partner—What I See, What I Hear?	Interpretation of My Partner's Behavior (Automatic Thoughts):	My Immediate Goal/My Long-Term Goal:	Is My Interpretation Helping Me to Achieve My Goal? Alternative Interpretation?	Internal State Emotion 1-10:	Partner's Feedback and Subsequent Interpretation:

# SELF-SOOTHING TRAINING: THERAPIST'S WORKSHEET

Step	Intervention	Tried it $\checkmark$	Worked $\checkmark$
<ul style="list-style-type: none"> <li>• THERAPIST SOOTHES</li> </ul>			
<ul style="list-style-type: none"> <li>• Therapist soothes _____ as he or she becomes more anxious or angry (circle one), or as he or she tries some new behavior (circle one)</li> </ul>			
<ul style="list-style-type: none"> <li>• Therapist soothes _____ as he or she becomes more anxious or angry (circle one), or as he or she tries some new behavior (circle one)</li> </ul>			
<ul style="list-style-type: none"> <li>• SELF-SOOTHING TECHNIQUES</li> </ul>			
<ul style="list-style-type: none"> <li>• Progressive relaxation</li> </ul>			
<ul style="list-style-type: none"> <li>• Three-part breathing</li> </ul>			
<ul style="list-style-type: none"> <li>• Ujjayi breathing</li> </ul>			
<ul style="list-style-type: none"> <li>• Self-soothing with the five senses—best senses to work with (circle as many as were tried)               <ul style="list-style-type: none"> <li>○ Vision</li> <li>○ Hearing</li> <li>○ Smelling</li> <li>○ Touching</li> <li>○ Tasting</li> </ul> </li> </ul>			
<ul style="list-style-type: none"> <li>• Soothing self-talk—list self-statements tried</li> </ul>			

**TRAINING TO INCREASE EMOTION TOLERANCE:  
THERAPIST'S WORKSHEET**

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Step	Intervention	Tried it ✓	Worked ✓
	<ul style="list-style-type: none"> <li>• Stop defensive behavior and encourage inward emotion focus</li> </ul>		
	<ul style="list-style-type: none"> <li>• Encourage client to label and stay focused on the emotion</li> </ul>		
	<ul style="list-style-type: none"> <li>• Encourage the client to accept the emotion and to accept him- or herself with the emotion</li> </ul>		

Notes:

## **SELF-EMPOWERMENT TRAINING: THERAPIST'S WORKSHEET**

Intervention Step	Tried it ✓	Worked ✓
<ul style="list-style-type: none"> <li>➤ <b>Therapist Persuasions:</b> Letting go of blame in favor of self-empowerment               <ul style="list-style-type: none"> <li>○ You'll feel less upset.</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ You'll feel competent in your relationship with your partner just as your other roles and relationships are competent.</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ You can feel yourself to be a fellow traveler in life with your partner instead of feeling one down.</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ You can work on yourself and avoid the frustration of attempting the impossible—changing your partner.</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ You'll gain benefits even if you two don't stay together.</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Other persuasion</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li>➤ <b>Self-Empowering Interventions:</b></li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Teach pause before speaking</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Model empowered responses</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Teach cognitive self-soothing—soothing self-talk</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Affirm empowered self-schema</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Help client create cognitive dissonance about old, disempowered self-schema</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Use the "so-what" technique with an "I am too fragile" schema</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Work with client to change negative self-schema</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Work with client to change unrealistic partner schemas (e.g., My partner has all the power)</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Acceptance training: Encourage self and partner acceptance</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>○ Teach self-expression and listening skills</li> </ul> </li> </ul>		

## SELF-EXPRESSION WORKSHEET FOR BUILDING NEW RELATIONSHIPS

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Self-disclosure and active listening are great skills to learn for meeting and getting to know new people. People who hesitate to share themselves often say that they were not “raised that way,” meaning that they rarely heard people in their families talk about personal, private things that they had on their mind to an empathic, caring listener. As a result, you may feel clumsy or awkward or nervous when it comes to opening up about yourself, expressing warm feelings, or giving others the gift of attentive listening.

Fill out this Checklist of Intimacy Concerns. It will get the ball rolling on helping you to make more rewarding connections with other people. *Score yourself on the reverse of this form.*

Check each of the statements below that applies to you.
<input type="checkbox"/> 1. I sometimes fear that the other person will discover things about me that are undesirable, bad, or shameful.
<input type="checkbox"/> 2. I sometimes fear that the other person will abandon me if he or she knows my deepest thoughts, either by leaving me, withdrawing his or her affection, or betraying me.
<input type="checkbox"/> 3. I sometimes fear that the other person will use personal things he or she knows about me against me, to hurt me.
<input type="checkbox"/> 4. I sometimes fear that the other person will tell my secrets to others.
<input type="checkbox"/> 5. I am sometimes bothered by feeling more emotional with the other person than with other people.
<input type="checkbox"/> 6. I am sometimes bothered by the fact that I can't stay calm and rational when talking with the other person.
<input type="checkbox"/> 7. I am sometimes afraid of what I might say or do if I let my feelings out with the other person.

\_\_8. Sometimes I'm afraid my partner will make me feel guilty about my true desires and feelings.

\_\_9. Sometimes I'm afraid my partner will get angry if I share my true desires and feelings.

\_\_10. Sometimes I don't want to hear what my partner has to say because I know he or she wants me to do something I don't want to do.

*Things to keep in mind that will help you reach out to others despite your concerns:*

1. Failing to talk about myself in a meaningful, intimate way is likely to continue being a barrier to forming meaningful relationships.
2. Increasing my skill and comfort with intimate communication makes social interactions and eventually, relationships, more enjoyable.
3. Warm, open communication can result in each person feeling accepted, affirmed, validated, and cared for.