

WORKSHEET – Create your own handouts

Once you find an intervention that works well for your couples you can take that and create a handout specific to that intervention. This is a way to reinforce the work your couples do in session. Handouts should be simple and clear.

For example, I wanted to remind partners about how to listen effectively, so I put this handout together. Five simple bullet points in large print.

HOW TO LISTEN EFFECTIVELY

- LISTEN
- PAUSE
- MIRROR BACK
- VALIDATE
- BEFORE RESPONDING OR REACTING

I also use handouts I collect from other sources. I make sure to credit the original source. Now I have a collection of handouts that reflect what I do in my therapy sessions. Here is another one on empathy.

EMPATHY

1. Calm yourself first
2. Watch and listen
3. Remember – when did you feel the same way?
4. Imagine – how would you feel in that situation?
5. What would you tell a friend?
6. Ask – be curious
7. Show you care through words and actions
8. Watch your facial expression

If you have time and energy, you can add design to your handout. Some couples like to print these out and put them up on the refrigerator or other public place.
