

WORKSHEET – Common Factors Checklist
Check off those you already know how to do:

- Directive, active style
- Developing rapport with both partners equally
- Giving unconditional positive regard and affirmation to both partners
- Validating and showing empathy to both partners
- Listening and reflecting back
- Gathering information and assessing
- Educating about the process of couples therapy
- Normalizing their problems
- Dealing with escalating anger reactions
- Collaborative goal setting
- Self-regulation of therapist
- Teaching affect regulation skills
- Teaching basic communication skills
- Adapting to differences in culture, race, ethnicity, sexuality, gender, ability
- Disrupting destructive behavioral and emotional patterns/cycles and replacing them with healthy ones
- Creating emotional enactments
- Utilizing what the clients bring up in the moment
- Cognitive restructuring and reframing
- Assigning homework (not everyone does this)
- Exploring impact of family of origin and childhood experiences on coupleship
- Teaching conflict resolution and problem-solving skills
- Partners taking responsibility and accountability for their contributions to the problems
- Pointing out strengths
- Giving praise and encouragement throughout
- Expressing confidence and giving hope
- Not taking things personally
- Seeking feedback

Add your own here

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