

Six week program on improving communication

These assignments will take about 2 hours each week. It may be done in segments. Husband and wife should do the assignment together. Please do the assignment in the following order. Do NOT do the before they are assigned.

All videos can be found on www.Vimeo.com/Rivest

Week 1

Carefully read over the communication instead of win/lose arguments material. Mark the sections on page one entitled "Six Ways a Discussion Goes Wrong" that represents your communication style. Be prepared to give examples of each of your selection. **Write them down and bring the list into your next session.** Bring the Communication sheets, now marked, into each counseling session. We will be using them to teach effective communication styles.

Week 2.

Go to the video. **"Couple Arguing"** View it together.

Using your communication instead of win/lose arguments material as a reference find as many communication errors the couple use in the video as you can. Write them down and be prepared to teach them to me during your next session. Find the additional communication errors that are not on the Communication sheets. **Write them down and be prepared to teach them to me during your next session.**

Week 3

Using your communication instead of win/lose arguments material and your personal creativity rewrite the script so that the couple is communicating effectively. You may add things that are not directly found in the video, **"Couple Arguing."** When you rewrite the video script be sure to use the BEHAVIOR, EMOTION, IMPACT format that you will find in your communication instead of win/lose arguments material. To help you get accustomed to the new format of communication practice it by using the material found in **C3.**

Write down the rewrite of the video and be prepared to teach it to me during your next session.

Week 4

Study the communication videos and be prepared to teach them during the next counseling sessions. **Pick the ones you like the best and write them down.** **"9 Great ways to stop an argument"**, and **"9 Ways to make a conversation go easier."** There is more info on these in your communication instead of win/lose arguments material.

Week 5

Watch the video on **"Mirroring."** Complete the work sheet on Mirroring, **C4 number 1-4 only**

Do a little "skit" with 5 examples each, total of 10, using your new mirroring skills. Write the skits down.

Week 6

Watch the video on **"How to discuss difficult topics, table top"**

Write and present at you next session the main points on how to make the table top successful. Teach it to me during your next session.

Have a table top discussion at home using these principles and discuss how it worked in your next session.

Your subsequent counseling sessions will use this material so bring the material in with you until we are finished.