

# CoupleGuide™ to Communicating with Confidence

## Course Guide

### Lessons

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#### Course Welcome

[Download] Welcome from Dr. Jackie Black

#### 1. Critical Stuff Nobody Ever Talks About

[Download] Lesson 1 Welcome

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[Personal Reflection] Sometimes, you may communicate with your partner in a way that doesn't serve you well. Ask yourself what you might change so you communicate more honestly from your heart, more authentically, and are understood more accurately by your partner

[CoupleReflection™] Remember a time in your relationship when you spoke with your partner about something difficult, painful or scary.

\* Lesson 1 includes six worksheets: 4 Basic Commitments for Dynamic Sharing, 3 Mistakes Couples Make, Personal Reflection Prompt, CoupleReflection™ Prompt, Strengths + Awareness + Stretches, and Outcomes Overview.

### 2. The Self-Assured Speaker

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[Personal Reflection] Think of a time in your life that you shared or wanted to share something very important that required you to be vulnerable and share openheartedly. What may have stopped you? If there was something that may have enabled you to share or share more deeply, what might that have been? What one thing has been powerful in Lesson 2 that might make the next time you want to share in an openhearted way, different?

[CoupleReflection™] What is an experience or a feeling that you may like to share with your partner, and have resisted sharing because you weren't sure how to share it?

\* Lesson 2 includes six worksheets: The Speaker's Readiness Test, The Speaker's Part of the CoupleTalk™, Personal Reflection, CoupleReflection™, Strengths + Awareness + Stretches, and Outcome Overview.

### 3. The Engaged Listener

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[Personal Reflection] Sometimes, you may communicate with your partner in ways that don't serve you well. Give some consideration to what skills and tools you might change, modify or add, so that you can communicate more honestly from your heart, more authentically, and are understood more accurately by your partner.

[CoupleReflection™] What might be an experience or a feeling that you may like to share with your partner, and have resisted sharing because you didn't know how or couldn't find your words or your courage to share?

\* Lesson 3 includes seven worksheets: The 3 Reasons to Listen Deeply, Conscious, Unconscious & Semi-Conscious Needs, Basic Blocks to Engaged Listening, Personal Reflection, CoupleReflection™, Strengths + Awareness + Stretches, and Outcomes Overview.

## Lessons

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### 4. The Elegant CoupleTalk™ Framework

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[Personal Reflection] Imagine being able to be a Self-Assured Speaker and an Engaged Listener every time you and your partner have casual conversations, more transactional conversations and deep, heartfelt conversations that are emotionally charged for one or both of you. What new awareness emerges for you?

[CoupleReflection™] Share about one or two new behaviors you are trying out or notice that your partner is trying out, or a shift you recognize is happening in your relationship since you began working through this course.

[CoupleTalk™] Share about your intention to participate in this first CoupleTalk™; and share one or two thoughts or feelings about sitting, knee-to-knee, right now and having your first CoupleTalk™.

\* Lesson 4 includes ten worksheets: Self-Esteem Reminder Checklist, The Purpose, Preparing the Space, The Sender Begins, The Receiver Responds, Personal Reflection, CoupleReflection™, Practicing CoupleTalk™, Strengths + Awareness + Stretches, and Outcomes Overview.

### 5. Ask for What You Want + Get Your Needs Met

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[Personal Reflection] Reflect back in your life. What were the family rules and family messages about having needs, asking for help, and getting your needs met?

[CoupleReflection™] Share one need with your partner and ask for what you want specifically related to getting that need met by your partner.

[CoupleTalk™] Share with you partner your new vision for asking for what you want and your new commitment to hear your partner's needs as if they were your own.

\* Lesson 5 includes seven worksheets: Belief Inquiry, 6 Skills to Effectively Resolve Conflict, Personal Reflection, CoupleReflection™, CoupleTalk™, Strengths + Awareness + Stretches, and Outcomes Overview.



### 6. 5 Rules of Engagement

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[Download] Lesson 6 Worksheets\*

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[Personal Reflection] Reflecting on all the new skills, tools and strategies you have learned and have been practicing throughout this course, what changes and improvements in yourself, in your relationship and in your partner do you expect, now?

[CoupleReflection™] Reflect on one of your most recent conversations with your partner. How might the 5 Rules of Engagement change the outcomes of your future conversations?

[CoupleTalk™] Share with you partner a hurt in your heart that you have been carrying around in silence for a long time; mostly because you have been afraid to share this hurt, or you because you haven't known how to share it.

\* Lesson 6 includes ten worksheets: Mindset Reminders, Self-Esteem Reminder Checklist, "I" Message Feedback, My Readiness, Your Readiness, Our Readiness, Personal Reflection, CoupleReflection™, CoupleTalk™, Strengths + Awareness + Stretches, Outcomes Overview, and Final Thoughts.