**Handouts to couples**

Here are some articles and videos that might be super helpful for you, if you’re interested in how to earn better communication skills and update your thinking about healthy relationships. I prefer evidence based information , the tried and true rather than experimental opinions.

<https://youtu.be/ib7Ain2aVR0>

Turning toward video

<https://youtu.be/o1v6j_4_NtQ>

Blueprint for healthy conflict- Gottman Research

<https://www-thebehavioraltherapycollective-com.cdn.ampproject.org/c/s/www.thebehavioraltherapycollective.com/blog/2019/1/24/the-secret-to-love-is-kindness-and-validation-using-the-give-skill-and-validation-to-improve-relationships?format=amp>

Kindness and validation

<https://www.psychologytoday.com/us/blog/sustainable-life-satisfaction/202007/how-face-adversity-and-become-more-hopeful>

Tolerate difficulty

<https://youtu.be/bShsyKUFjKE> How to Complain without hurting your partner

<https://youtu.be/7xwOZVRK_B8> Flooding- Gottman research

<https://youtu.be/zVzTD22fQM4> Fondness and Admiration- Gottman research

<https://youtu.be/y4EJuXyH8To> Masters of relationship (1 hour)- Gottman

<https://youtu.be/X2s0KvztrLo>

Impact of physiological flooding - Dr Julie Gottman

<https://youtu.be/9m69G6TsWBw>

How to Repair after conflict- Gottman research

<https://youtu.be/7ZdMI9ZZE2A> Trust revival- affair- Both Gottmans

<https://ambercreekcounseling.com/staying-attuned-creating-emotional-trust-in-marriage/>

Attunement- Gottman and Johnson Research

Aftermath of a Regrettable Incident- Gottman

<https://www.gottman.com/blog/state-of-the-union-meeting-will-strengthen-your-relationship-heres-how-to-start-yours/>

State of the Union -weekly meeting (yes, every single week that you are married) to clear the air and celebrate the relationship - proven way to prevent relapsing into poor relationship habits-Gottman

<https://www.gottman.com/blog/reaching-compromise-second-part-state-union-meeting/>

<https://www.gottman.com/blog/the-one-daily-talk-that-will-benefit-your-marriage/>

Stress-Reducing Conversation each day- learn how to lean on one another for support and practice your listening skills

<https://www.gottman.com/blog/6-hours-a-week-to-a-better-relationship/>

How much do you value your relationship with your partner? Do your actions match your words?

<https://www.gottman.com/blog/the-four-horsemen-recognizing-criticism-contempt-defensiveness-and-stonewalling/>

Four Horsemen of the Apocalypse- Gottman- no hitting below the belt

<https://www.gottman.com/blog/the-sound-relationship-house-build-love-maps/>

Are you learning more about your partner all the time? Updating your knowledge and asking questions to know them even better?

<https://youtu.be/1F5-YwxlATA> video on sound relationship house- building block of Gottman Counseling

To couples:

There are so many good resources out there for you to make this work.

Please check out my website www.boicecounseling.com- there are several articles that might be of interest to you and your partner.

The best to read first are the "job descriptions" for both the talker and the listener.

Couples Preliminary Questions (prepare yourself for counseling)

Road Map for Couples

Disputation (challenging how you explain things to yourself. What is the evidence to support your guess or assumption?)

Relationship Checkup ( Dan Milliman)

Couples Checkup

Practice Makes Perfect (anxiety article)

Depression ( books and websites)

I Statements, Clarification and Validation ( prevent unnecessary arguments)

Homework Tracker

Counseling Checkup

Also, please check out my blog on that website.

I love a few books that might be really helpful:

Hold Me Tight by Sue Johnson (Really good chapter summaries that have suggested words to use, for those of us that could use prompting)

Anything written by John Gottman

Nonviolent Communication by Marshall Rosenberg (wait till you see how much better you communicate when you use this book and practice the skills. Bring your game to a new level. Especially helpful for those of us who find themselves blaming and judging. )

The Rules of the Game by Neil Strauss (written by a pick up artist- how to make yourself more attractive emotionally, physically and sexually to the woman in your life.)

Hot Monogamy (page 21 starts a good quiz for couples to ascertain and talk about what you really want and don't want in your sex life. Not sure how to ask for what you want? This book prompts well. )

The Art of Sexual Ecstasy by Margo Anand (understanding yourself sexually and talking about it is the goal of this book. Oh, and reaching ecstasy as well. )

ESO (Extended Sexual Orgasm) by Alan Brauer, MD and Donna Brauer ( You guessed it- men are capable of multiple orgasms as well. Takes a little practice and sometimes better communication, and it is really worth it!)

How to Use Herbs, Nutrients and Yoga in Mental Health by Richard Brown MD, Patricia Gerbarg MD, and Philip Muskin MD ( I am not allowed to give advice about herbs and nutrients or yoga. These MDs have been researching the best combinations for years and bring you their expertise in this book. )

Top Notch Couples Series by me:

Top Notch Couples: The First Five Skills by Don Boice

Top Notch Couples: An Affair Workbook for the Person Who Cheated

Top Notch Couples: Anxiety Workbook

**CDs**

Top Notch Couples: Anxiety Workbook by Don Boice

Top Notch Couples: Relaxation by Don Boice

Top Notch Couples: Contemplating Divorce by Don Boice

Top Notch Couples: The Best You by Don Boice

Top Notch Couples: Get the Spark Back by Don Boice

Top Notch Couples: Manage Anger by Don Boice

Top Notch Couples: Practice Anger Management by Don Boice

**Watch YouTube** for hours of free education or pay me thousands of dollars for the same information- your choice-NVC Academy (Marshall Rosenberg); John Gottman PhD; Sue Johnson PhD

[www.Slideshare.net](http://www.slideshare.net/) has my PowerPoint slides on:

1. Passion Retreat (Getting The Spark Back: Reclaiming Your Passion)
2. Strengthening Your Relationship
3. Masculine and Feminine Communication Patterns
4. Disagreeing With Dignity

John Gottman, PhD has a weekend retreat that you can either attend in person or can buy the 14 hours on DVD, with a workbook and a few card sets for about $150 (your own pace and saves the cost of a flight, lodging etc). It is called The Art & Science of Love: A Weekend Workshop for Couples

Please consider these three questions from NVC whenever you are talking/listening with your partner:

“What needs do you have today?”

“What resources (time, attention, money, support etc.) are available to meet those needs?”

“What can I do to make life more wonderful for you?”