

# 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](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](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-YwxIATA>

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](http://www.boicecounseling.com)- there are several articles that might be of interest to you and your partner.

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. )

***Some couples read a ton and they might be tempted to use reading to procrastinate. "That way," they tell themselves, "it is like we are in counseling." They further justify not getting the help they need and then when they come into counseling, they realize how much better it is to have an expert guide them through the process. Consider giving Michelle a call today to get in for counseling 585.544.5342***