

Couple's Homework Sheet

Date _____

*You have elected to work on your marriage or relationship based on the data from the Marital Satisfaction Inventory. The secret to good marital work is to plan your work and work your plan. Remember **Marital Satisfaction is equal to Reality divided by Expectations.***

You cannot change your marital satisfaction directly but you can change it by changing either your reality or changing your expectations.

The area we are going to work on next is _____

Currently our level of dissatisfaction is his _____ hers _____.

Our goal is to lower our level of dissatisfaction in this areas to his _____ hers _____.

Step 1. Read the section on the web site www.cccoi.org under the Relational area that applies to the area in your marriage or relationship you want to work on.

Step 2. Once you have read the material from the appropriate area, schedule a time for discussion as a couple in a neutral place preferably outside the home where you will not be subject to interruptions. This is a time for communication that leads to understanding not a time to negotiate change. Focus on the other person's point of view asking questions to clarify their thinking. As an individual you want to work for acceptance and understanding not necessarily for agreement at this meeting.

Step 3. Spend time alone revisiting the previous step in your mind and thinking through those you can accept and understand as well as those areas you need further discussion on or that you may not agree with and need to either clarify or negotiate.

Step 4. Schedule a follow-up meeting preferably allowing at least three days between meetings. This meeting should also be in a neutral setting. Use this meeting to clarify and negotiate your expectations. These are the things you would be willing to change and would like the other person to change in order for the area you are working on in the relationship to be more satisfying for each individual. Remember there are no right or wrong things to ask for or to agree to in this exchange unless they are immoral or sinful. Everything else is either satisfying or dissatisfying. Be sure to consider the desires and wishes of the other person as much as you do your own.

Step 5. Formulate a plan. This should be a plan in writing that you both agree to that includes all items from the above negotiation that you both believe are doable and agreeable. Sign off on the plan specifying dates, behaviors, and activities that you both believe and agree will help you meet your goal for this area.

Step 6. Implement the plan. Take action and monitor your results. Meet weekly as a couple to both check your progress and make any changes that may be appropriate, agreed on and necessary for your plan to be successful. And check your goal as you both agree you reached it successfully.