

## **Couple's Assignment Worksheet**

*If you are working on a particular area in your relationship you might find the following assignments helpful to your process and an aid in your progress. Each assignment is made as a suggestion and may or may not be effective to you as an individual or as a couple. I encourage you to read through the assignment or fill out the worksheet individually and then set aside adequate time to discuss it as a couple. There are no right or wrong answers or opinions just differences based on perspective and personality. Try to understand and accept your partner's differences even if you don't agree with them.*

<u><b>Area under consideration</b></u>	<u><b>Section on Website</b></u>	<u><b>Reading/Questionnaire</b></u>
Affective Communication	Relational Questionnaires Relational Articles Communication	Giving and Receiving Love What Married Women Want Entire Section/multiple readings
Problem Solving Communication	Relational Questionnaires Relational Links Relational Articles  Respect Commitment	Changing The Gottman Institute A Piercing Silence Are We Different or What? Entire Section/multiple readings Entire Section/multiple readings
Aggression/Conflict Tactics	Relational Questionnaires Relational Links Relational Articles Parental Area  Conflict Trust	Conflict Tactics The Gottman Institute Want a Happy Marriage? How to know if you are in an Abusive Relationship Entire Section/multiple readings Entire Section/multiple readings
Time Together	Relational Questionnaires	Marital Expectations
Finances	Finances	Entire Section/multiple readings
Sexual Intimacy	Relational Questionnaires Relational Links Sex  Commitment Emotions	Love Analysis The Marriage Bed Entire Section/multiple readings and links Entire Section/multiple readings Entire Section/multiple readings
Role Orientation	Relational Questionnaires Relational Articles Marriage	Marital History Several apply in this section Entire Section/multiple readings

Family of Origin	Relational Questionnaires Family of Origin/Leaving Home	Family Tree Entire Section/multiple readings
Issues with Children	Parental Questionnaires Parental Links Parental Articles	Child/Adolescent History Browse Multiple
Conflict over Child-rearing Practices	Principles and Practices	Parental Area Entire Section/multiple readings
Expectations	Relational Questionnaires Spirituality Expectations	Marital Expectations Entire Section/multiple readings Entire Section/multiple readings
Forgiveness	Forgiveness Affairs Separation Divorce	Entire Section/multiple readings Entire Section/multiple readings Entire Section/multiple readings Entire Section/multiple readings