

Couples Therapy Workbook

Couple information

Names:

Date of birth:

Genders:

Contact information:

Couples therapy primarily focuses on helping partners navigate difficulties within their relationship, whether they are experiencing significant issues or simply seeking to strengthen their bond.

This Couples Therapy Workbook is a resource designed to facilitate communication and understanding between partners in a romantic relationship. These workbooks typically contain structured exercises, guided conversations, and activities that help couples explore their feelings, improve their interactions, and address relationship challenges.

Relationship evaluation

I. Relationship strengths

What do you and your partner enjoy most about your relationship?

What are some shared values or goals you both hold?

List three aspects of your partner that you admire or appreciate.

II. Areas for growth

What challenges are you currently facing in your relationship?

What do you think could improve in your relationship dynamics?

Are there any unresolved conflicts or recurring issues?

Communication worksheet

I. Understanding communication styles

How do you typically communicate during disagreements?

How do you feel your partner communicates?

Rate your satisfaction with the communication in your relationship on a scale of 1-10:

II. Communication scenarios

Provide hypothetical or past scenarios and reflect on how each partner handled them.

Love language assessment

Rank the following statements on a scale from 1 (Strongly disagree) to 5 (Strongly agree).

	1	2	3	4	5
I appreciate it when my partner affirms their love verbally.					
Spending quality time with my partner is important to me.					
Acts of service show love more than words.					
I value receiving gifts that show thoughtfulness.					
Physical touch helps me feel closer to my partner.					

Activities to try

This section introduces hands-on exercises to help couples strengthen their bond, enhance communication, and deepen intimacy. These activities can be completed at the couples' own pace, offering meaningful ways to nurture their relationship.

1. Soul gazing

Purpose: Build a deeper emotional connection with your partner

How to do it:

- Sit across from your partner, knees nearly touching.
- Look into each other's eyes for three to five minutes without speaking.
- If silence feels too intense, play a meaningful song and hold eye contact until it ends.
- This exercise might feel awkward initially, but it fosters vulnerability and mutual understanding.

2. Extended cuddle time

Purpose: Enhance physical affection and connection.

How to do it:

- Dedicate time to cuddle without distractions, such as phones or books.
- Practice this before bedtime or at any convenient time during the day.
- Cuddling releases chemicals that improve mood, deepen bonds, and promote better sleep, making it a simple yet powerful way to connect.

3. The 7-breath forehead connection

Purpose: Synchronize with your partner and center your focus on one another.

How to do it:

- Sit or lie facing your partner, gently placing your foreheads together.
- Breathe in sync for at least seven slow, deep breaths.
- Extend the duration if it feels meaningful.
- This intimate exercise helps ground your relationship in the present moment.

4. 'I' statement exercises

Purpose: Improve communication by taking ownership of emotions.

How to do it:

- Express feelings using "I" statements, such as "I feel hurt when..." instead of "You make me feel..."
- Avoid blame, finger-pointing, and criticism.
- "I" statements reduce conflict escalation and promote healthier communication patterns.

5. Prediction method

Purpose: Understand your partner's perspective better.

How to do it:

- Write down scenarios and predict how you think your partner will react.
- Share and discuss these predictions with your partner to address assumptions and foster understanding.
- This exercise minimizes miscommunication and builds trust by clarifying expectations.

Goal setting

I. Individual goals

What are your personal goals for this relationship?

What would you like to achieve individually during therapy?

II. Shared goals

What shared goals do you both want to achieve?

How will you work as a team to achieve these goals?

Expectations and boundaries

In this section, clearly define expectations for communication, time together, and conflict resolution.

Mutual commitments:

Additional notes:

Therapist information

Name:

License ID number:

Signature:

Date of assessment:

References

Ackerman, C. E. (2017, November 24). *21 couples therapy worksheets, questions & activities (PDF)*. PositivePsychology.com. <https://positivepsychology.com/couples-therapy-worksheets-activities/#exercises-couples-therapy>

Keohan, E. (2021, November 24). *17 communication exercises for couples therapy*. Talkspace. <https://www.talkspace.com/blog/communication-exercises-for-couples-therapy/>