**Couples Agree Phase Script—Chapter 16**

*We’ve discussed several options available to you. I’ve shared my recommendation that we work together for several appointments to improve how the two of you communicate, particularly during conflicts. Mark, it sounds like you are in favor of this approach and would like to try it out. But Sarah, you’re leaning more towards the self-help option, and are interested in working through a book with Mark on ideas for improving your marriage. Is that right? (Both nod in agreement). The choice is certainly up to you. The most important thing is that whichever option you select, both of you commit to giving it your best effort. And there is nothing wrong with choosing one approach, trying it out for a couple of months, and then evaluating how it’s going and whether you’d like to try something else. Maybe to help make a decision you can both agree upon, we could discuss what each of you see as the pros and cons of both options, and what you’d be willing to try over the next two months.*

**Couples Rewarding Desired Behavior Script—Chapter 16**

*It sounds like Sarah feels very frustrated when you, Luis, come home from the gym and leave your gym bag and towel on the kitchen table. Sarah, you’ve responded by repeated reminders and sometimes yelling, but it doesn’t seem to change his behavior. Luis, you have shared that you often “forget” and don’t understand why this is such as “big deal.” You also don’t like when Sarah continually reminds you to clean up. Sarah, you said that Luis “occasionally” remembers to put his gym items in the laundry room but acknowledged that when he does so, you typically make sarcastic comments. I’m wondering if the two of you might be willing to try an experiment. Luis, your role would be to set a goal of putting your gym clothes in the laundry room each time. Perhaps you can attach something to your bag or place a note on the table to remind you. Sarah, your role is to “catch” Luis when he’s following through on the plan and reward him, right then and there. It could be a smile and a “thank you,” a kiss, or whatever else you think would work. What do you both think about trying this approach for the next two weeks? Let’s talk a little more to flesh out the specifics of this plan.*

**Couples Behavior Exchange Description Script—Chapter 16**

*Often when couples are having difficulty in their relationship, they focus a lot on the negatives or the problems that come up. Less and less time is spent in positive interactions that actually build up relationship strength and satisfaction. It sounds like this may be occurring in your relationship. As you’ve had more conflicts about money and friends, and you’ve become busier with work and kids, you’ve put less emphasis on showing each other you care in your everyday interactions. Many couples find that by intentionally planning and doing positive interactions, their satisfaction in the relationship increases. For example, each person might intentionally do something that demonstrates caring for the other several times each week, and then discuss its impact. Would you be interested in learning more about this strategy?*