

ONE FOOT OUT THE DOOR MICHELE WEINER-DAVIS

IT TAKES ONE TO TANGO- COUPLES THERAPY WITH INDIVIDUALS

COUPLES THERAPY MYTHS

COUPLES THERAPY MEANS THAT YOU WORK WITH BOTH SPOUSES
COUPLES NEED TO PROCESS THEIR FEELINGS AND PROBLEMS TOGETHER
YOU CAN'T IMPROVE A *RELATIONSHIP* IF YOU WORK WITH ONE PARTNER

BENEFITS OF WORKING WITH ONE PARTNER

ENDS THE BLAME GAME
BUILDS RAPPORT
AVOIDS THE PING PONG EFFECT

THE SEVEN-STEP PROGRAM FOR WORKING WITH INDIVIDUALS

1. ASK ABOUT SOLUTION-ORIENTED GOALS
“WHAT ARE YOU HOPING TO CHANGE ABOUT YOUR RELATIONSHIP?”
“HOW WOULD YOU LIKE YOUR PARTNER TO BE TREATING YOU DIFFERENTLY?”
2. LISTEN TO THE PROBLEM FROM YOUR CLIENT'S PERSPECTIVE AND ACKNOWLEDGE HIS OR HER FEELINGS.
3. IDENTIFY THE PROBLEM FROM THE PARTNER'S PERSPECTIVE
(MAKE SURE YOUR CLIENT KNOWS THAT YOU UNDERSTAND THAT HIS PARTNER'S ASSESSMENT ISN'T NECESSARILY “CORRECT.”) “IF YOUR PARTNER WERE HERE NOW, HOW WOULD HE DESCRIBE THE PROBLEM?”
4. IDENTIFY WHAT YOUR CLIENT HAS BEEN DOING TO IMPROVE THINGS. “WHAT HAVE YOU BEEN DOING TO SOLVE THIS PROBLEM?”
5. IDENTIFY WHAT'S WORKING OR WHAT HAS WORKED IN THE PAST, EVEN A LITTLE.
“WHAT WORKS, EVEN A LITTLE?” “WOULD YOUR SPOUSE AGREE THAT THINGS ARE BETTER WHEN THAT HAPPENS?”
6. IDENTIFY WHAT'S NOT WORKING. (MORE OF THE SAME) “WHAT HAVE YOU BEEN DOING THAT HASN'T WORKED SO WELL?” “IF YOUR PARTNER WERE HERE NOW, HOW WOULD HE SAY YOU'VE BEEN HANDLING THINGS SO FAR?” “WHAT WOULD YOUR PARTNER SAY THAT YOU DO THAT DRIVES HIM NUTS?”
7. BRAINSTORM ALTERNATIVES . “HAVE YOU HAD ANY ZANY IDEAS ABOUT WHAT YOU COULD DO DIFFERENTLY?”

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AFFAIRS : A STEP-BY-STEP APPROACH TO HELPING COUPLES RECOVER

Thoughts on healing

Affairs are bad for marriages
Universal rules don't work very well
Healing takes time and it's not a straight line
Spending time together helps. Affection helps.
Balance between discussing the affair and putting it in the past is necessary.
Don't throw in the clinical towel

Tasks for the betrayed person

Express anger/rage/hurt
Ask for details
Ask for reassurances without accusing
Identify what might help and ask for it
Identify areas of marriage needing improvement
Learn how to thought-stop
Learn ways to get back on track
Forgive

Tasks for the unfaithful person

End the affair
Show remorse
Demonstrate real empathy
Share details
Expect ups and downs
Be patient
Be willing to do what it takes to reassure your partner
Examine personal reasons the affair occurred
Identify areas of marriage needing improvement
Commit to and promise change
Learn ways to get back on track

When s/he won't end the affair

Last resort technique

When s/he ends the affair

Lingering feelings are normal
Latent anger might surface

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THE LAST RESORT TECHNIQUE

“Relationships are like see-saws. The more one person does, the less the other person will do.”
Pursuit-withdrawal pattern

Last Resort Technique strategies

Stop the chase

Do not initiate any contact (unless child-oriented)

Be friendly but brief if contacting

Be unpredictable

Be upbeat

Stop saying, “I love you”

Quit convincing spouse the marriage has been good or can get better

No relationship talk

No requests for reassurance

No resistance to negative comments

Get a life



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