

Relationship Goals Checklist

Patient Information	
Name Audrey Kathleen	Name James Byron
Date Dec 2, 2023	

Goal	Timeline	Checkbox
Do a check-in on Saturday night to discuss the week's experiences and feelings. Check the box only if you both think you did this sufficiently.	Saturday night, Dec. 9 2023	<input type="checkbox"/>
Practice 'repeat back' and 'summarizing' methods during conversations to ensure mutual understanding. Check the box only if you both	Practice over the rest of this week.	<input checked="" type="checkbox"/>
Audrey to practice expressing her feelings by using "I feel" statements. James to check the box.	Practice over the rest of this week.	<input type="checkbox"/>
James to offer verbal affirmations. Audrey will check this.	Practice over the rest of this week.	<input checked="" type="checkbox"/>
Audrey to provide more physical gestures of support, like hugs or holding hands. James to check	Practice over the rest of this week.	<input type="checkbox"/>
Use 'time-out' strategy during disagreements and revisit the conversation with a solution-focused approach after calming down.	Practice over the rest of this week.	<input checked="" type="checkbox"/>
James to explore options for reducing hours at one job. Audrey to check this.	Dec. 9 2023	<input checked="" type="checkbox"/>
James to assist more with household responsibilities. Audrey to check this	Practice over the rest of this week.	<input checked="" type="checkbox"/>
Audrey will enroll in photography classes to nurture her creative interests. James will check	Dec. 9 2023	<input checked="" type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

Additional Notes:

Let's meet again pm Dec. 10 Sunday at 10 AM.

Don't put too much pressure on each other into doing what you have to do, but do try to gently remind each other when you're sliding back.

Remember that you love each other and that is why you're doing this.