

Roadmap to Couples Coaching

1. EDUCATE – Paradigm Shifts, Which Result in Humility

Are you open? (Tilling & prepping the soil)

- Grace & Space – the marriage needs a *pause*
- Separate Sessions to work on individual needs /issues
- Education on NT/ASD dynamics
- Each learns about themselves and about the other
- NT grieves loss / ASD accepts ASD
- Boundary Basics
- Self-Care & Self-Control

Outcomes:

- *Owning your deficits & triggers*
- *Learning to accept feedback*
- *Taking responsibility*

2. EQUIP – With New Insight, Re-Learn How to Relate

What new skills do you need? (Planting seeds)

- SEPARATE and JOINT Sessions
- Boundaries & Consequences
- Communication - Timing, Length, Emails
- Structured dialogue: Active Listening (Rounds 1-3)
- Phone record your more complex talks
- Perspective taking
- 3 “R’s” of Apology (Regret, Responsibility, Remedy)

Outcomes:

- *Owning your communication*
- *Learning to apologize*
- *Taking responsibility to repair*

3. EFFECTIVE – Confusion is Gone, Healing has begun

What do you trust? (Sprouting new growth)

- Staying in your lane
- Communicating proactively
- Validation & appreciate: Serving one another
- Problem Resolution: Active Listening (complex problems)

Outcomes:

- *Forgiveness*
- *Rebuilding healthy trust*

4. ENDURE – Walking with God and Each Other

What do you hope? (Growing together)

- Making the best of the marriage
- A restoration of trust & emotional intimacy?
- Finding new ways to connect

Outcomes:

- *Acceptance & Accountability*
- *Rebuilding healthy trust*

5. ENERGIZE – Living Life to the Fullest

What is life to the fullest? (Growing towards eternity)

- Health, Fitness & Sexual Intimacy
- Serving & mentoring others
- Giving Back

Outcomes:

- *Love, joy, peace, patience, kindness, goodness, gentleness, faith, and self-control.*