

Couple Team Worksheet

Here are the basics that need to be true for you and your partner if you are to be a strong and successful couple-team fulfilling your relationship responsibility. Consider each item and describe what you need to do/change to achieve this position.

1. **Make your allegiance to your partner clear and obvious. Be more your teammate's partner and less your parent's child.**

2. **Negotiate with your parents and siblings that they respect and include your partner.**

3. **When your partner is disciplining your child, back him or her up. If you don't agree with the way it was done, discuss it later and privately.**

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Build Your Team

1. Take time and space to create positive times together. Spend time together talking, going on dates, making love, negotiating differences, etc.

2. Make time to identify your individual goals, interests, friendships and dreams. Know what you and what your partner wants.

Couple Team Worksheet

3. When you negotiate, follow the rules below.

a. Know what you want

- You need to be decisive.
- You need to be willing to modify your position after your partner gives his or her point of view and you think there is merit to what he or she says.

b. Say what you want

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| <ul style="list-style-type: none">• Choose a good time to talk.• Stick to one subject at a time.• Be specific.• State what you want in the positive.• Describe what it would be like once what you want is achieved.• Make simple and brief statements. | <ul style="list-style-type: none">• Do not criticize.• Do not bring up unpleasant past history.• Do not ask a lot of questions.• Do not get angry.• Do not be judgmental.• Do not be longwinded (talk at great length repeating details). |
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Couple Team Worksheet

c. Get what you want

- Prepare yourself to give and take.
 - Let your partner have his or her time to talk and then listen attentively.
 - Find and build on areas of agreement.
 - Aim for a solution that works for both of you.
 - Agree to get outside help if necessary.
 - Be willing to try your solution for a fixed period of time, evaluate the efficiency of the solution, and if desired renegotiate a new solution.
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Live cooperatively as a team

- Agree you and your partner are both equal in power and value. You may agree to delegate authority, and if you both agree to do this, it is fine. For example, one of you makes small decisions about the children whereas the other makes small decisions about finances.
- Be respectful.
- Don't argue and express anger.
- Try to be happy, cheerful, and easygoing.
- Try to help your partner get what he or she wants.
- Occasionally celebrate your success at being a successful couple-team. Have a party, go somewhere special, etc.