



Couples Counseling Tips

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COMMUNICATION

- Say what you mean and mean what you say
- Using “I statements”
 - You can talk about YOUR feelings
 - Don’t accuse your partner
- Acknowledge your partner’s feelings



DIRECT COMMUNICATION

- Don't Hint
- Don't Imply
- Don't think your partner will read your mind



7 DEADLY HABITS

- Criticizing
- Blaming
- Complaining
- Nagging
- Threatening
- Punishing
- Bribing

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7 CARING HABITS

- Supporting
- Encouraging
- Listening
- Accepting
- Trusting
- Respecting
- Negotiating differences

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NEEDS AS A HUMAN

- Love and belonging
- Survival
- Freedom
- Fun
- Power

- William Glasser, MD



FAIR FIGHTING

- Decide upon a time of day and time limit before you begin and stick to it. Make this session last around 20 minutes-don't overdo it
- Choose one problem per session and stick to the point. Have a session every day for awhile if you need it, but stick to one problem per session.
- Stay in the present. Don't bring up what happened 12 years or 12 days ago unless it very specifically relates to the present.



PAST HURTS

- Remember, stick to the present.
- What happened six months ago will still be here six months, six years, or six decades in the future.
- It is OK to be angry or upset about a past issue
- It is not fair to yourself or your partner to bring it up repeatedly in a punitive way



MAKE A BUDGET

- Do you know how much money it requires for you and your partner to pay the bills?
 - Electricity
 - Gas
 - TV
 - Internet
 - Rent/Mortgage/and everything else...



MAKE A BUDGET

- What are the arguments regarding money?



SEPARATE BANK ACCOUNTS AND JOINT

- Money management techniques are specific to the couple
- One option is to pay bills out of a joint account and each partner contributes half of the monthly expenses
- The remaining money (hopefully there is some) will then go to each partner's personal account for spending money



BEING ON THE SAME PARENTING PAGE

- What are the arguments regarding children?
- What can you do to be on the same page?



MAKING TIME TO DATE

- Dating is often left out when schedules are busy
- This is the best way help you enjoy and strengthen your relationship



SEX AND COMMUNICATION

- Sex on a regular basis strengthens relationships
- Goings weeks without sex can decrease the emotional intimacy of the relationship
- A relationship based on sex is problematic
- Sex with little communication is also problematic
- It's a balance!



CONTACT INFORMATION

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