



# Couples Therapy Workbook

By Kathleen Mates-Youngman

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Couples Therapy Workbook is a series of guided questions to promote meaningful couple conversations and build ongoing, connected communication. The core of this unique guide is 30 guided conversations of the most critical relationship struggles. For each of the 30 topics, there is an introduction, goal-setting strategies and 10 scripted questions to ask each other - all presented in an easy-to-use mindful style. Set in a weekly format over 30 days but can be tailored to any timeframe. Designed to be used to couples, and also by therapists working with couples (bonus clinician prep included with each conversation).

**Week 1-** Who Are We? Falling in Love, Friendship, Caring, Acceptance, Empathy, Emotional Intimacy, Rituals

**Week 2-** Who Am I? Childhood, Family Origin, Temperament, Influences, Spirituality, Values, How I Think

**Week 3-** How do we work? Communication, Conflict, Defensiveness, Intimacy, Trust, Fidelity and Boundaries, Parenting, Staying in Sync

**Week 4-** What do we want? Romance, Joy and Gratitude, respect, Apologies and Forgiveness, Challenges, Relationship Savings Account, Past, Present & Future, Keeping Connected

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## Couples Therapy Workbook By Kathleen Mates-Youngman Bibliography

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### Editorial Review

#### Review

"What a unique resource! A treasure-trove of guided conversations to increase intimacy and friendship. Therapists often ask me for good homework assignments. This book does the thinking for you. Keep it on hand and whether its values, sex, conflict or other challenging issues, you'll have a ready-made way to help your clients make immediate progress." --**Ellyn Bader, Ph.D.**, Founder/Director The Couples Institute

"This is a valuable resource for anyone working with couples. Any couple can profit greatly if they are willing to take Kathleen Youngman's challenge to explore these important topics and discuss these wonderful questions" --**Milan and Kay Yerkovich**, Authors of best selling *How We Love* series

Instead of offering analysis, advice or theory, The Couples Therapy Workbook offers just that, a set of questions to stimulate conversations that help couples deepen their engagement with each other and reconnect. All couples will find this an exceptional guide, and all therapists will find it an effective instrument to supplement the therapeutic process. I highly recommend it and complement the author on her creativity and attention to the core details of a connected relationship. --**Harville Hendrix, Ph. D.** and **Helen LaKelly Hunt, Ph. D.** *Making Marriage Simple* and *Getting the Love You Want*.

#### About the Author

Kathleen Mates-Youngman, LMFT, focuses on creating an empathic, connected relationship to help couples see each other, hear each other and be there for each other, hand in hand on their path of love. She has a private practice in California specializing in couples therapy.

### Users Review

#### From reader reviews:

##### Noah Hansell:

Here thing why this particular Couples Therapy Workbook are different and reputable to be yours. First of all reading through a book is good however it depends in the content from it which is the content is as tasty as food or not. Couples Therapy Workbook giving you information deeper and in different ways, you can find any publication out there but there is no guide that similar with Couples Therapy Workbook. It gives you thrill reading through journey, its open up your eyes about the thing in which happened in the world which is maybe can be happened around you. It is easy to bring everywhere like in park, café, or even in your approach home by train. Should you be having difficulties in bringing the published book maybe the form of Couples Therapy Workbook in e-book can be your choice.

##### Silvia Washington:

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