COURSES ARTICLE - THERAPYTOOLS.US

Print Test

1. Couple will be able to communicate about feelings without discussion ending in verbal fight: is a short term goal.

   True
   False

2. Couple will orally agree to contract to identify specific communication deficiencies: is a short term goal.

   True
   False

3. Couple will rehearse defining problems in specific, non-blaming form: is a long term goal.

   True
   False

4. Couple will rehearse listening in a manner that promotes empathy and understanding: is a short term goal.

   True
   False

5. Couple will rehearse sharing thoughts and feelings in a manner that promotes intimacy: is a long term goal.

   True
   False

6. Couple will explain the current purpose of the conversation (such as, venting or problem solving) when acting as either the speaker or listener: is a short term goal.

   True
7. Couple will rehearse accepting and rejecting requests in a positive manner: is a short term goal.

True
False

8. Couple or spouse will be able to discuss and resolve disputes without any verbal fighting: is a short term goal.

True
False

9. Couple will reserve 10 to 15 minutes several times per week for evaluation of personal issues: is a long term goal.

True
False

10. Couple will learn how to de-escalate conflict: is a short term goal.

True
False

11. Couple will identify cues for disputes and rehearse dispute-control strategies: is a long term goal.

True
False

12. Couple will attend to and compliment the other for helpful or caring behaviors: is a short term goal.

True
False

13. Each spouse or partner or spouse listens to and comprehends the other spouse or partner's point of view: is a long term goal.

True
False

14. Couple will identify core themes such as love and respect and learn to communicate about them: is a long term goal.
15. Couple will use a brainstorming technique as a problem-solving approach: is a short term goal.

True
False

16. Spouses or couple will no longer feel that arguments are uncontrollable events, as they learn to recognize cues of verbal fighting, and control them before they start: is a short term goal.

True
False

17. Couple will agree to discuss only one problem at a time after it has been identified: is a long term goal.

True
False

18. Couple will demonstrate how to identify the exact nature of a problem before trying to resolve it: is a short term goal.

True
False

19. Couple recognize and overtly acknowledge when core themes such as love and respect are evoked: is a long term goal.

True
False

20. Each spouse or partner notices and orally shows appreciation to the other acts of kindness, thoughtfulness, and caring: is a long term goal.

True
False

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