

Homework Week 3

1. Review your notes from this week.
2. Make sure you make at least 3 positive relational 'bids' each day. If she turns away or against it keep rebidding.
What happens in general (i.e. does she tend to turn toward, away or against)?
3. Notice her bids and turn toward them.
Are her bids typically functional? relational? negative? positive?
How do you tend to handle her bids?
4. Copy the *Four Horsemen of the Apocalypse* test. Take it yourself filling in both columns (i.e. for yourself and as you imagine your wife would answer for herself).
Ask her to do the same with her copy.
Compare your results and discuss them.
5. Have a date – you will use some of this time to cultivate intimacy
You could use this time for #5 OR
Consider some recent bid of your wife's or some response she had to one of yours.
Start with, "I noticed.... Help me understand what you were thinking."
What will you say if she doesn't remember? Be ready with something that will keep discussion going (e.g. "O.K. Well, I'm asking because I felt...." OR "That's cool. The reason I was interested was because I saw...and wondered...")
Is she drawing her own conclusions or are you tending toward instruction?
If you 'seize up' (i.e. feel stuck; can't figure out where to go with things) tell her, "I really want to explore this with you but I feel stuck for some reason."
If you only have a vague idea what you're thinking process it out loud with her (e.g. "I guess, I'm thinking _____ but at the same time I find that I want _____".")
6. When you have conflict this week notice the old patterns and make an effort to stop one unhelpful behavior of yours in favor of a helpful behavior.
What did you stop?
What did you try?
What happened?
Was it a good conflict or an unnecessary one?
Was it situational or tied to some chronic problem between you?