

## Husband & Wife Cards

**H** She talks too much when I come home and won't let me have a little peace and quiet. She wants me to be more concerned but I don't know how to. She gets angry when I can't be interested and says I should exercise instead.

**H** I'm tired when I come home from work, but she wants me to look after the kids then not give her a break. She's always complaining and wanting the furniture moved so that I never know what to expect. Her mother visits us too often.

**H** She's very focused on the children these days and doesn't pay much attention to me. Her sisters' ideas for house or wall art she wants to try like to take a little holiday — just the two of us, but she doesn't want to leave the kids without me.

**H** I'd like to play games with my friends on Fridays, but we have to go to help them. She's too strict on the kids and should be stricter with them. She's always dating, so we always have social for dinner instead of meet and get to know.

**H** She used to wear sexy clothes, but doesn't dress up much now. She doesn't like my friends. She wants me to talk more about my feelings, but I never know what to say.

**H** She makes me wear glasses all the time and doesn't understand that I'd like some security. She's always on the phone to her sister when I need to use the internet. She complains when I go fishing on the weekend without my friends.

**W** He keeps his dirty socks on the floor and leaves them there. He never changes the baby's diapers. He goes golfing every weekend with his buddies, so he doesn't want to go away with me for the weekend.

**W** He forgets to hang up his wet towel after his shower and leaves it on the bathroom floor. He lets the kids do whatever they want and I have to be the strict one. He only hangs out with his buddies on our anniversary but not on other occasions.

**W** He only helps with the housework if he's very very sick. He is too strict with the kids and always tells them to be quiet. When he comes home from work he only reads the newspaper and doesn't tell me about his day.

**W** He compares my cooking unfavorably to his mother's cooking. He sees your dog in the evening and gets excited all over the house. He doesn't like it if I buy new lipstick, but he thinks it's okay for him to spend a lot of money on magazines.

**W** He makes too much in the house and fills up the living room with clutter. He's a little like a doctor, but he gets upset if I try to help him wash his clothes. He spends too many evenings at the pub with his friends.

**W** He only wants to watch football matches on TV on the weekends. He doesn't help look after our dog even though it was his idea to get the dog. I'm the only one who worries about our finances because he isn't worried enough with money.

### Counselor Discussion Cards

<i>What do you think about this?</i>	<i>How does that make you feel?</i>
<i>Could you give me a clear example?</i>	<i>Why do you think he / she does that?</i>
<i>What have you told him / her about this?</i>	<i>How long has he / she been doing this?</i>
<i>When he / she does that, how do you feel?</i>	<i>What do you say when he / she does this?</i>

### Counselor Advice Cards

<i>I think you should...</i>	<i>Why don't you...?</i>	<i>You could try...ing.</i>
<i>Have you thought about...ing.?</i>	<i>You might try...ing.</i>	<i>Perhaps you could...</i>
<i>It might be a good idea to...</i>	<i>Why not...?</i>	<i>How about...ing?</i>
<i>You might want to try...ing.</i>	<i>Could you try...ing...for a while?</i>	<i>Have you ever tried...ing.?</i>

## Marriage Counseling Report

DATE: \_\_\_\_\_

TIME OF APPOINTMENT: \_\_\_\_\_

NAME(S) OF CLIENT(S) \_\_\_\_\_

NAME(S) OF COUNSELOR(S) \_\_\_\_\_

RECORD OF SESSION:

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ADVICE TO CLIENT(S):

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