

## Description of the Recordings

### **Recording 1 - Introduction**

Listen to this recording first. It explains the purpose of each of the other recordings and gives suggestions about how you can get the most benefit from listening to them.

### **Recording 2 –When You Feel Upset with Your Partner**

People often make the mistake of trying to talk to their partners when they are freshly upset, yet these are the moments when they are least likely to be effective. The guidelines in this recording will help you avoid making some of the typical mistakes that people often make in the initial moments when they feel frustrated or upset with their partners. This recording will help you get into a frame of mind where you can talk productively with your partner.

### **Recording 3- Getting Your Partner to Care that Something Bothers You**

This recording will help you mentally rehearse the skills that are used by people who are good at getting their partners to be open and receptive to their complaints.

### **Recording 3.5- When Your Partner's Behavior Seems Wrong**

Listen to this recording in situations where you're having a hard time seeing your partner's behavior as anything other than *just plain wrong!*

### **Recording 4 – When Your Partner is Upset with You**

The guidelines in this recording are for situations where your partner is the one who expresses frustration or disapproval first. You are not (or probably won't be) frustrated or upset until he expresses frustration with or disapproval of you. This recording will help you mentally rehearse the skills that are used by people who are good at getting their partners to be less accusatory and more open to their perspectives. .

### **Recording 5 – Getting on the Same Page With Your Expectations.**

Upsets and arguments often happen in relationships because partners aren't on the same page with their expectations in specific areas of their relationship. Rather than waiting for the next upset to occur, wise partners have conversations in advance in which they attempt to get on the same page with their expectations. This recording will help you mentally rehearse the skills needed in order to have discussions that enable you and your partner to get on the same page in areas where you tend to disagree or want different things.

### **Recording 6 – When Being Open and Flexible Isn't Enough**

The skills in this recording are for situations where, in spite of you clearly communicating openness and flexibility, your partner remains closed and inflexible. She makes no attempt to understand your viewpoint even though you've taken time to try and understand the logic of his feelings. You've already used the skills described in previous, but your partner

has not been using the skills. Using this recording, you will mentally rehearse the *standing up* skills that are characteristic of people who know how to get their partners to treat them well.

**Recording 7 – If Your Partner Criticizes You Harshly or Puts You Down**

Sometimes partners go beyond criticizing and they start putting their mates down, calling them derogatory names, hitting below the belt, taking cheap shots, communicating a condescending attitude or a tone of disgust. This recording will help you mentally rehearse the skills you can use to get your partner to become more respectful if he does one of these things.