

## Table 8.1: Audio-Guided Assistance<sup>1</sup>

### **Recording 1 - Introduction**

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

### **Recording 2 –When You Feel Freshly 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 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**

The guidelines in this recording are for situations where you are the first one who feels frustrated or upset. Your partner isn't (or probably won't be) frustrated or upset until he realizes that you are frustrated or upset with him. This recording will help you mentally rehearse the skills that are used by people who are good at getting their partners to be responsive to their complaints and dissatisfactions.

### **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.**

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 recordings 2-5, 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.

<sup>1</sup> A written summary of each recording can be found in Appendix I.