

Introduction to Version 5.0 of *Developing Habits for Relationship Success*

If you are a therapist who has been using *Developing Habits for Relationship Success* with your clients to supplement the therapy process, first of all... *thank you!* Secondly, we are pleased to present the long-awaited Version 5.0 of *Developing Habits for Relationship Success!*

In the years since the publication of Version 4.6 of *Developing Habits for Relationship Success*, we have continued to develop and refine protocols, practices and exercises for helping partners improve their relationships. Version 5.0 tightens the content of previous versions and offers 44% new or revised content!

We want you to be aware of the changes and additions that have been made, and we would be happy to send you a complimentary sample copy. [Let us know if you would like a free copy by sending a request through this link: https://thecouplesclinic.com/contact/](https://thecouplesclinic.com/contact/) (Scroll to the bottom of the page and let us know that you want 5.0! Please provide your name, mental health license # and state/country of residence).

Version 4.6 will be discontinued and replaced with Version 5.0 for purchase on our website beginning September 15, 2023.

Here's a list of some of the main changes/additions:

1. There is a new introduction to the book which sets the stage by giving an overview to help your clients understand how this book will help them.
2. In Chapter 2 (How Effective Partners Navigate Differences), there is a new section on the two requirements for standing up effectively. Additionally, you'll find two new tables at the end of Chapter 2 that help bring things into perspective for your clients:
 - Table 2.1 shows *The Standing Up Quadrants*, demonstrating the specific quadrant that characterizes effective partners and contrasting this quadrant with the three most typical ineffective possibilities.
 - Table 2.2 summarizes the disagreement-related abilities that distinguish those who succeed in their relationships from those who fail.
3. There is now a full chapter on *How Effective Partners Create Truly Enjoyable Relationships* (formerly the last section of Chapter 2 in Version 4.6)
4. Throughout the book, the offense of "name-calling/put-downs/expressing disgust or disdain" has been added to the list of Obvious Offenses, and removed from the Disagreement-Related Offenses, because this offense involves expressions of contempt – the single most toxic thing that has been identified by researchers.
5. Chapter 6 (formerly Chapter 5) now offers a new section that clarifies the difference between the obvious and disagreement-related offenses.
6. Throughout the book, the word "blame" has been mostly removed and alternative wording inserted (Experience has taught us that the word "blame" can be triggering for

a significant number of our clients and brings up a lot of conditioned responses that can be mostly avoided with alternative wording).

7. The title of Chapter 7 (formerly Chapter 6) has been changed to: *Is Your Partner Really the Main Problem?* New sections and clarifying language have been added to this chapter, and we've expanded and modified the list of common mistaken assumptions to help your clients better grasp how damaging misplaced blame is in their relationship.
8. New sections and clarifying language have been added to Chapter 8 (formerly the Introduction to Part II), *The Components of Relationship Transformation*. These changes really help the client (and the therapist) understand which part of relationship transformation they should focus on at any given point in time.
9. There is now a full chapter on *Releasing Your Partner from the Role of Relationship Villain* whereas in version 4.6, there was just a half chapter on this topic. There are many wording changes, revised letter guidelines, and new sections on
 - the "Killer Habits" and sample language partners can consider when owning up to their faults in the letter exercise.
 - Things to Consider While Writing Your Letter
 - Preparing to Share Your Letter
 - Preparing to Listen to Your Partner's Letter
10. We've dedicated an entire chapter in Version 5.0 to helping clients "*Navigate their Spontaneous Disagreements*" (formerly the first half of Chapter 8 in Version 4.6)
 - Multiple new sections and wording changes that are designed to motivate your client to put in the work needed to improve their relationship abilities.
 - New and updated step-by-step instructions and tools that will help your client improve their relationship abilities.
11. A revised chapter called *Rewiring Automatic Tendencies* has new sections, and new reconditioning exercises.
12. A revised chapter called *What if I Can't Relax and Feel Temporarily Okay?* (formerly called *Increase Your Ability to Let Go* is now directed toward clients who have difficulty implementing the first steps of the Recalibration Protocol. There are several new sections in this chapter.
13. We've dedicated an entire chapter in Version 5.0 to helping clients *Navigate Spontaneous Disagreements* (formerly the second half of Chapter 8 in Version 4.6) There is much new material in this chapter and a more extensive protocol for getting partners on the same page with agreements about how to handle perpetual differences.
14. We've dedicated an entire chapter in Version 5.0 to helping clients have "*Healing Conversations about Past Hurts*" (formerly the second half of Chapter 7 in Version 4.6). There is a lot of new and revised information in this chapter including a new sections on *Factual vs. Emotional Honesty, Soul Searching, Taking Steps to Re-Establish Trust, and How to Keep the Healing Process Going*.
15. There are four new chapters on how to increase mutually satisfying connection (formerly there were just two chapters in Version 4.6). Chapter 15 (*Creating a Truly Enjoyable Relationship*) highlights the common problem of *uneven* levels of desire for connection between partners. Chapter 16 (*I Want More Connection*) offers concrete

steps that are almost uniformly effective in inspiring more desire in one’s mate. Chapter 16 (*My Partner Needs More Connection*) offers concrete steps a client can take that almost uniformly result in a) their mate becoming more satisfied with the connection they already have, and b) an increase in their own desire for connection. Finally, Chapter 18 contains separate exercises that are specifically designed for:

- partners who wish their mates would want more connection,
- partners who would like to feel more genuine need for connection.

Chapter 18 also offers exercises for partners who *both* have genuine desire for more connection. Altogether, there are 34 exercises in this chapter.

Chapter Conversion Table

Topic	Version 4.6	Version 5.0
Introduction (new)	No	Yes
Lessons learned from people who know how to get their partners to treat them well.	Ch.1	Ch.1
The Disagreement-Related Abilities	Ch.2	Ch.2
The Connecting Abilities	Ch.2	Ch.3
Core Differences	Ch.3	Ch.4
But my partner is so extreme!	Ch.4	Ch.5
When my partner’s thinking or actions seem wrong.	Ch.5	Ch.6
Is my partner really the main problem?	Ch.6	Ch.7
The components of relationship transformation	Intro to Part II	Chapter 8
Releasing your partner from the role of relationship villain	Ch. 7	Ch.9
Navigating everyday frustrations effectively	Ch.8	Ch.10
Rewiring automatic tendencies	Ch.10	Ch. 11
What if I can’t relax and feel temporarily okay? (Mindfulness)	Ch. 9	Ch. 12
Getting on the same page with agreements for handling areas of perpetual disagreement	Ch.8	Ch.13
Healing conversations about past hurts	Ch. 7	Ch.14
Creating Connection	Chs. 11-12	Chs.15-18
Where should I go from here?	Ch.13	Ch.19

We trust that you will find the updates in Version 5.0 of *Developing Habits for Relationship Success* to be as helpful as we have! Please let us know what you think!

Warm Regards,

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