COUPLES CHECK- IN WEEK #1

Can't We Just Get Along Counselling Inc.

Helping Couples & Adults Find Happiness

TODAY I FEEL...

I FEEL THIS WAY BECAUSE OF...

TODAY I AM GRATEFUL FOR YOU FOR THIS REASON...

WAHT I NEED FROM YOU IS...

I'M PROUD OF YOU FOR...

CAN WE DO THIS....

WHAT I WANT TO DISCUSS WITH YOU WHEN WE CAN

COUPLES CHECK- IN WEEK#2

TODAY I FEEL...

I FEEL THIS WAY BECAUSE OF...

TODAY I AM GRATEFUL FOR YOU FOR THIS REASON...

WAHT I NEED FROM YOU IS...

I'M PROUD OF YOU FOR...

CAN WE DO THIS....

WHAT I WANT TO DISCUSS WITH YOU WHEN WE CAN

COUPLES CHECK- IN WEEK#3

TODAY I FEEL...

I FEEL THIS WAY BECAUSE OF...

TODAY I AM GRATEFUL FOR YOU FOR THIS REASON...

WAHT I NEED FROM YOU IS...

I'M PROUD OF YOU FOR...

CAN WE DO THIS....

WHAT I WANT TO DISCUSS WITH YOU WHEN WE CAN

COUPLES CHECK- IN WEEK#9

TODAY I FEEL...

I FEEL THIS WAY BECAUSE OF...

TODAY I AM GRATEFUL FOR YOU FOR THIS REASON...

WAHT I NEED FROM YOU IS...

I'M PROUD OF YOU FOR...

CAN WE DO THIS....

WHAT I WANT TO DISCUSS WITH YOU WHEN WE CAN

JOURNAL REFLECTIONS ON OUR LAST FEW WEEKS

WHAT WE NOTICED ABOUT OURSELVES IN DOING THIS EXERCISE

WAHT WE NEED TO WORK ON

ISSUES WE COULD NOT RESOLVE BY OURSELVES WE NEED TO WOR K ON IN THERAPY

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