

PREP 8.0 Facilitator Checklist

One

The Three Keys to Success

Facilitator: Check off boxes as you flow through the unit making sure to cover these most important points.

Lesson 1: Welcome

- Participants have time to get to know one another
- Group Activity: Nice to Meet You!
- Group Activity: House Rules
- Individual Activity: Relationships Today Are Like...
- Share outlooks on relationships, in general

Lesson 2: The Three Keys to Successful Relationships

- Do Your Part
- Group Activity: What Control?
- Individual Activity: Do Your Part
- Decide, don't Slide
 - Small Group Activity: High Cost Slides
 - Individual Activity: Decide, don't Slide
- Make it Safe to Connect

Lesson 3: Why Trust PREP?

- PREP is based on years of research
- PREP helps couples thrive

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Two

Personality

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Lesson 1: Personality Differences

- Individual Activity: The Primary Colors Personality Tool
- Show animation: Instructions to the Primary Colors
- Show animation: As the Color Wheel Turns

Lesson 2: Exploring My Type

- Small Group Activity: My People
- Time to explore the key traits of the different personality colors

Lesson 3: Understanding Our Differences

- Couple Activity: Discussing the Differences
- Individual Activity: Trait X

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Three

Danger Signs & Time Out

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Lesson 1: The First Three Danger Signs

- Illustrate examples and learn to identify the first three danger signs
 - Show Invalidation video & host discussion
 - Show Escalation video & host discussion
 - Show Withdrawal video & host discussion

Lesson 2: The Fourth Danger Signs

- Show Negative Interpretations video & host discussion
- Skit: What's for Dinner? (Bob & Mary Take 1)
- Individual Activity: Negative Interpretations or Benefit of the Doubt?
- Show animation: The Four Danger Signs Reviewed

Lesson 3: The Power of the Danger Signs

Lesson 4: Time Out

- Introduce the Four Steps of Time Out
- Group Activity: Smart or Not-so-Smart Time Out?
 - Cover all the tips for a smart time out within each scenario
- Couple Activity: Creating Your Time Out Strategy
- Skit: The Power of Humility (Bob & Mary Take 2)

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Four

Anger & Stress

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Lesson 1: The Physiology of Stress & Anger

- Show Lecture Doodle: Anger & Stress: Letting FLo Drive (chemistry of stress & anger)

Lesson 2: Two Reasons to Manage Amy

- Group Activity: AMY and Your Health
 - Review the physical and emotional consequences of unmanaged stress & anger
- Reason #1: When AMY is in control, we are not smart
- Reason #2: When AMY is in control, we are not healthy

Lesson 3: Assessing My Stress & Anger

- Individual Activity: Stress Assessment
- Individual Activity: Anger Assessment

Lesson 4: Strategies to Manage AMY

- Group Activity: The Thinking Strategy
- Group Activity: The Muscle Strategy
- Group Activity: Dealing with Stress & Anger Together Strategy

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Five

The Speaker Listener Technique

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Lesson 1: What is Good Communication?

- Small Group Activity: What is Good Communication?

Lesson 2: The Speaker Listener Technique

- Show video: Speaker Listener Technique
- Couple Activity: Practice with a Playful Disagreement
 - Ensure successful playful 1st attempt at using Speaker Listener Technique by providing coaches, if possible

Lesson 3: Skillful Speaking & Listening

- Individual Activity: Speaking for Yourself (practice "I" statements)
- Practice paraphrasing

Lesson 4: Speaker Listener Technique Practice

- Couple Activity: Practice Sharing a Concern
 - Provide coaches or, at least, ensure that couples' conversations stay under control
- Allow participants to voice concerns about Speaker Listener Technique
- Acknowledge types of conversations (moderate intensity) best suited for the technique

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Five

The Speaker Listener Technique

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Six

Events, Issues & Hidden Issues

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Lesson 1: We've Got Issues

- Show animation: It's a Little Thing
- Show Lecture Doodle: Beneath the Surface

Lesson 2: The Surface Layer— Events

Lesson 3: The Middle Layer— Issues

- Individual Activity: Common Issues

Lesson 4: The Core— Hidden Issues

- Individual Activity: Me? Have Hidden Issues?
- Discuss purpose of understanding Hidden Issues
- Individual Activity: Digging Deeper
- Couple Activity: A Safe Way to Talk About Events, Issues and Hidden Issues
 - Make sure couples choose a low-or-medium-impact Issue
 - Review Speaker Listener Technique briefly
 - Provide coaches as couples use the Speaker Listener Technique to discuss their chosen issue, if possible
 - Remind couples that they'll have two separate, full conversations: each partner chooses their own Issue to discuss

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Seven

Fun & Friendship

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Lesson 1: Fun Matters

- Group Activity: Have You Ever...Bingo!
- Group Activity: What's the Story?
- Explain why fun is so important

Lesson 2: Four Reasons Fun Slips Away & How to Keep Fun Alive

- Explain the four reasons fun slips away:
 - Lack of safety
 - Lack of mutuality
 - Lack of variety
 - Lack of time
- Introduce/explain couple homework activities: Keeping Fun Alive & Free Time Chart

Lesson 3: Let's Have Fun

- Group Activity: What's Fun?
- Individual/Group Activity: Lots of Fun Idea Chart
- Couple Activity: Lots of Fun Bingo

Lesson 4: Fun & Friendship

- Couple Activity: Talking as Friends

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Eight

Commitment

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Lesson 1: Images of Commitment

- Individual Activity: Positive Images of Commitment

Lesson 2: Elements of Commitment

- Show video: Understanding Commitment
 - Briefly review the major points and ask for questions
- Couple activity: Couple Identity – Sharing Our Vision
- Individual Activity: My Priorities
- Couple Activity: Keeping “Us” a Priority
- Individual Activity: Small Sacrifices Make a Big Difference

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Nine

Expectations

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Lesson 1: Why Understanding Expectations Matters

- Discuss common expectations & where expectations come from
- Explain how expectations matter in romantic relationships

Lesson 2: Unmet Expectations

- Note the connection between disappointment and unmet expectations
- Show Valentine's Day Down the Drain animation
- Name the 4 ways that expectations can cause us disappointment: unaware, unreasonable, unspoken, unwilling.

Lesson 3: Four Ways we Can Make Expectations More Clear

- Describe each of the four steps
 - Step 1: Become aware
 - Step 2: Evaluate whether your expectations are reasonable
 - Group Activity: Reasonable or Unreasonable?
 - Allow the conversation to generate opposing positions (so that participants see how challenging gauging reasonability can be)
 - Step 3: Talk about expectations
 - Couple Activity: Discussing Our Expectations
 - Remind couples to use the Speaker Listener Technique to maintain safety during this discussion
 - Step 4: Be willing to meet reasonable expectations
 - Individual Activity: Be Willing

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Ten

Problem Solving

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Lesson 1: XYZ Statements (for the smaller problems)

- Individual Activity: Practice Using the XYZ statements

Lesson 2: The 4-Step Problem Solving Model (for the bigger problems)

- Show animation: The 4-Step Problem Solving Model
- Couple Activity: Our Problems
- Couple Activity: Working Through the Problem Solving Model
- Couple Activity: Problem Solving Night!

Lesson 3: Managing Expectations (for the unsolvable problems)

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Eleven

Love Styles

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Lesson 1: Love Styles

- Small Group Activity: What is Love?

Lesson 2: How I Show & Receive Love

- Individual Activity: The Loving with Style Tool
- Individual Activity: The Heart of the Matter
- Couple Discussion: Sharing Our Love Styles

Lesson 3: Appreciating Everyday Love

- Individual Activity: Forgetting Something Good?
- Couple Activity: I Appreciate...

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Twelve

Road Mapping

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Lesson 1: Creating a Road Map

- Show Lecture Doodle: Beneath the Surface
- Individual Activity: Remember My Milestones
- Individual Activity: My Road Map

Lesson 2: Examining the Past

- Couple Activity: Understanding Each Other

Lesson 3: Our Future Journey

- Couple Activity: New Traditions

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Thirteen

Speaker Listener II

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Lesson 1: Speaker Listener Review

- Review the roles and rules of the Speaker Listener Technique

Lesson 2: Della & Christopher: A Closer Look

- Show video: Della & Christopher
- Host discussion of *how* Della & Christopher use the Technique
- Couple Activity: Discuss a Home Life Issue (using the Technique)
- Debrief their conversation and ask for any questions

Lesson 3: Sam & Tiera: A Closer Look

- Show video: Sam & Tiera
- Host discussion of *how* Sam & Tiera use the Technique.
- Couple Activity: Discuss a Cultural/Family Difference Issue (using the Technique)
- Debrief their conversation and ask for any questions

Lesson 4: Tim & Neva: A Closer Look

- Show video: Tim & Neva
- Host discussion of *how* Tim & Neva use the Technique
- Couple Activity: Discuss a Relationship Priority/Partner Support Issue (using the Technique)
- Debrief their conversation and ask them to name how the Technique can help
- Host a discussion about *when* to use the Speaker Listener Technique

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Fourteen

Relationship Roadmap

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Lesson 1: Creating a Relationship Roadmap

- Show an example of a Relationship Roadmap
- Couple Activity: Our Milestones
- Couple Activity: Our Relationship Roadmap
 - Remind participants of the purpose of the midline
 - Ask participants to include 8-12 milestones on their Roadmap

Lesson 2: How We Got Here

- Remind participants of the Decide, don't Slide key
- Play video: Sam & Tiera: Sliding Start
- Host discussion of Sam & Tiera's Sliding start

Lesson 3: Our Future Together

- Host discussion about the benefits of a shared vision for the future
- Couple Discussion: Our Future Together
- Couple Activity: Our Future Milestones
- Couple Activity: Our Future Roadmap

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Fifteen

Navigating Complex Families

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Lesson 1: Understanding Complex Family Dynamics

- Clearly define the terms *complex family*, *stepfamily*, and *co-parents*
- Host discussion of joys and benefits of stepfamilies
- Host discussion of the challenges of stepfamily life
- Couple Activity: Keeping Your Relationship Strong

Lesson 2: Managing Expectations in a Stepfamily

- Show video: Della & Christopher
- Review the concept of Expectations and their role in our relationship
 - Managing Expectations #1: Disciplinary Issues
 - Host discussion of Toni & Lee scenario
 - Share expert tips
 - Couple Activity: Managing Disciplinary Issues with the Kids
- Managing Expectations #2: Developing One-on-One Relationships with the Kids
 - Host discussion of Blaire & Joseph
 - Share expert tips
 - Couple Activity: Building One-on-One Relationships with the Kids
- Couple Activity: Sharing Other Important Expectations

Lesson 3: Managing the Co-Parenting Relationship

- Acknowledge challenges and benefits of managing the co-parent relationship well
- Host discussion of Phil & Louisa scenario
- Share expert tips
- Couple Activity: Managing Relationships with Exes

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