A Reflection and Discussion Guide for Use In Between Your FOCCUS Facilitation Sessions

Our Names _________________________________
Session Dates _______________________________

Dear Engaged Couple,

This Guide is to be used in between your facilitated sessions to reinforce the importance of ongoing communication and strengthen skills you are learning during your FOCCUS sessions.

Your FOCCUS facilitator will give you this Guide at the end of your first session. At that point you will determine with your facilitator what topic area(s) you have covered during your FOCCUS session that would benefit from further discussion.

For each topic area consider what you learned during the FOCCUS session, what you would like clarified for better understanding, what you learned about each other and yourself, and the impact this topic area has on your relationship. Determine who will be responsible for arranging a mutually acceptable time and place to discuss the topic area(s) and who will take notes on your discussion. Take turns from week to week with arranging the time and place and taking notes.

During your discussion time between sessions, please include any Special Section(s) listed below that apply to your experience.

___ Interfaith Couples
___ Remarriage Couples
___ Cohabiting Couples
___ Couples with Children

In planning your ongoing couple discussion, please consider the suggestions offered by your FOCCUS facilitator for topic areas that may benefit from additional discussion between sessions.

Couples typically meet with their FOCCUS facilitator for 2—6 sessions as outlined in this Guide. Please bring this Guide to each FOCCUS session and review with your facilitator the topic area(s) you have explored between sessions as a couple. You may refer to this Guide in the future as you continue to communicate about the strengths and challenges you share as a couple.