

Name \_\_\_\_\_

Phone \_\_\_\_\_

### ENHANCING CARING AND CONSIDERATE BEHAVIORS

Many types of behaviors, some quite small and insignificant, contribute to relationship and communication satisfaction. Please list specific behaviors in each category. Be sure to **not** share or discuss this list with your partner. This list is to be discussed only with Michele Lane, your psychotherapist, who will present the information to your partner in a constructive negotiation/mediation. Do your best to be specific and maintain confidentiality.

**1. Please list 5 behaviors that your partner does that you appreciate. (Calls when late, compliments me)**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

**2. Please list 5 behaviors that you would like to see more often- (hug me, exercise with me, indicate how often)**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

**3. Please list 5 behaviors that you would like to see decrease or disappear (criticizing, nagging, screaming),**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_