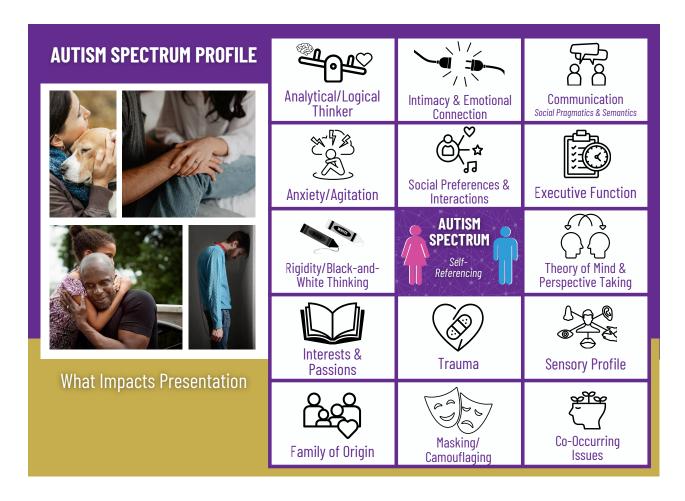


## INTRODUCTION TO UNIQUELY US: COUPLES' WORK

## Chapter 1



As you read the chapter, what questions do you have about any of these areas?

What criteria or aspects of this chart or what you read in the book seem to apply to your marriage?			
What part does not seem to apply or impact the relationship?			

## **DIRECTIONS**

t, check all that apply in your relationship. Then, each pext page.	oerso	on should choose the top five and list them on
Financial partnership/the lack thereof in the relationship (one partner dominates financial decisions)		We do not have friends or as many friends with other couples that we both enjoy
Emotional dysregulation of my spouse (formerly called melt-downs)		We do not spend time together in shared activities or experiences (note: TV watching does not count as a shared activity)
Emotional shutdowns; my spouse will emotionally shut down and we will not speak for long periods of time		Co-parenting; issues disciplining our children
Sexual relationship		Time spent on interests or passions is an issue
The state of the finances		Work-life balance is off
Too much alone/isolated time; lonely		My spouse/partner is not curious or does not appear interested in me
Not enough alone time to pursue my interests		I feel constantly criticized
Extended family relationships with me or my family		Our faith/religion about headship/submission and how it is interpreted and applied
Communication on a daily basis is difficult; misunderstanding; lack of attunement		Rigidity
Conflict does not get resolved; conflict is avoided		Not enough structure
Lack of overall communication (lack of courtesy check-ins, updates on schedules,		My spouse/partner does not seem to understand my point of view/perspective
logistics)		Other (please specify):
Lack of connection or emotional intimacy		

## Ranking

His Top 5:	Her Top 5:			
1.	1.			
2.	2.			
3.	3.			
4.	4.			
5.	5.			
What is most pressing in the relationship right now?				
Where are you in acceptance or curiosity or exploring neurodiversity?				

What have you read or listened to about neurodiversity?
What are your expectations of coaching?