

PODCAST PROCESSING WORKSHEET FOR COUPLES

Shared Experience: Relational Joy! I am happy to BE with YOU!

Tips for Using This Worksheet

- **Write first, share second.** Each of you fills in your answers before talking together. With the Coach, decide whether this discussion will occur before or during the coaching session.
- **Use short turns.** Share in 2–3 minute segments so both voices are heard.
- **Notice differences.** Different perspectives don't mean disagreement—they bring fuller understanding.
- **Focus small.** Pick one or two points from the podcast that feel important instead of covering everything.
- **Support each other.** Ask, “Do you want me to listen, to respond, or to help problem-solve?” before jumping in.

Step 1: Podcast Details

Podcast Title/Topic: _____

Date Listened: _____

Did we listen together or separately? _____

Step 2: Personal Reflection (done individually)

Something that caught my attention: _____

A part I related to or didn't relate to: _____

An emotion or reaction I noticed: _____

How I best understood the content (story, example, fact, tone, etc.): _____

Step 3: Sharing Together

(Prepare in Writing, Whether the Discussion is Prior to or During Session)

What felt similar in our reflections?

What felt different?

Did I hear something from my partner that surprised me?

Step 4: Relating It to Us

How does this topic connect to our relationship right now?

Is there a life situation where this feels relevant?

Step 5: Action & Integration

One takeaway I'd like to carry forward:

One practical action I (or we) could try this week:

Support I might need from my partner:

Step 5: Action & Integration

One thing I appreciated about our conversation:

One way I felt seen or understood:
