

<p>7. A short statement of need (the global desire) This is a broad, general need statement tied to the unmet need of childhood that is positively stated in one sentence. It is important that it is short and clear. For example, "I need to feel connected to you." "I need to feel important to you." Make sure this is not allowed to move back into a statement of frustration.</p> <p>8. Guidance to the receiver: "What can I specifically do to meet that need?"</p> <p>9. Three positive SMART requests (Behavior Change Requests) SMART (an acronym) Specific (a behavior) Measurable (frequency) Achievable (a small step) Relevant (relevant to the need) Time limited (two weeks) Good example: "I would like you to look me up in the house when you get home and give me a kiss and tell me you love me three times a week for the next two weeks." Poor example (too vague): I would like you to be warmer and more loving." Poor example (negative and vague): "Stop criticizing me." a. Each request is mirrored. b. Each request is written down and at least one is granted. c. The others are excellent topics for Imago Dialogues later.</p> <p>10. Guidance to the sender: "Are you willing to write these requests down and rate them?" (This helps the sender to become assertive.)</p> <p>11. The clinician coaches the sender in the thank you's. 12. The clinician coaches the receiver to state the stretch that will be needed.</p>	<p>0 to 3</p> <p>0 to 2</p> <p>0 to 7</p> <p>0 to 2</p> <p>0 to 1</p> <p>0 to 2</p>	<p><u>What I liked:</u></p>	<p><u>Technical Suggestions:</u> 2</p>
<p>Section D: Deepening - 30 Possible Points</p> <p>1. The clinician uses the skills of attuned listening and good tracking. 0 to 4</p> <p>2. The clinician deepens the work through the use of lead lines, doubling, instructions (such as "Tell him more about that."), and appropriate silences to help clients get in touch with their emotions (e.g. pain, sadness), vulnerability and needs. 0 to 5</p> <p>3. We observe safety, self disclosure and vulnerability. We don't see blaming, shaming or criticism. 0 to 5</p> <p>4. The couple is attuned to each other and there is an empathic connection. 0 to 4</p> <p>5. 90% of the session is between the couple. 0 to 4</p> <p>6. The clinician uses coaching rather than teaching to enhance connection between the couple. 0 to 4</p> <p>7. The receiver is non-reactive, has good presence, and is attuned to and curious about the sender. 0 to 4</p>			
<p><u>Growth Gift and General Comments</u></p>			