



## Client Action Plan and Roadmap

**Couple:** Steven and Rachel Sample

**Date of Session:** February 14, 2025

**Session Focus:** Communication Styles and Conflict Resolution

### I. Summary of Key Takeaways

*This section summarizes the core insights and discoveries made during the session.*

- **Shared Understanding:** The couple recognizes that their distinct, high-pressure professional communication styles—one direct and task-oriented, the other collaborative and consensus-seeking—inadvertently carry over into their personal life. While effective in the workplace, this mismatch creates friction at home, often leading to misunderstandings rather than resolution during disagreements. They both share a deep commitment to the marriage and acknowledge that improving communication is a shared responsibility, not a deficit of one partner.
- **Challenge Identified:** The primary challenge is the tendency for one partner to 'fix' or 'logic-out' the other's emotional concerns during conflict, which causes the second partner to feel unheard and leads to withdrawal or escalation (the 'pursuer-withdrawer' dynamic). Specifically, during moments of high stress, their inherent styles revert to ineffective patterns.
- **Faith Principle (Optional):** To ground these practical efforts in a deeper, shared commitment, the couple can anchor their communication work in the principle of Love as Active Understanding and Humility in Listening. This shifts the focus from winning an argument to preserving the connection.  
*Scripture: James 1:19 (NIV):* “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.”



## II. Concrete Action Steps (The Daily/Weekly "To Do")

*These are specific, measurable actions designed to implement the lessons learned.*

Action Step	Frequency	Partner Responsible (Optional)	Target Completion Date	Notes/Expected Outcome
Implement "Validation First" Rule	Ongoing	Rachel	Ongoing	Successfully use one validating statement before offering advice in 3 separate discussions.
Practice "Active Listening"	Ongoing	Steven	Ongoing	Reflect back Rachel's main point before responding in 3 separate discussions.
Define "Stop-Signal"	Ongoing	Shared (Both)	Feb. 16, 2025	Mutually agree upon and successfully use the agreed-upon pause signal during one moment of rising tension.
Establish Weekly Check-In	Weekly	Shared (Both)	Feb. 21, 2025	Hold a 15-minute, distraction-free meeting to discuss one positive and one concern from the week.

## III. Personalized Exercises

*Specific homework assignments tailored to the couple's dynamic.*

### Exercise 1: Mindful Communication

- **Goal:** To interrupt the cycle of negative interaction and encourage respectful pausing.
- **How to Practice:** When a conversation becomes heated, one partner uses the phrase: "Let's Pause". The couple immediately stops the discussion for a minimum of 30 minutes, agreeing to return to the topic later at a specific time.
- **Reflection:** After the cool-down, discuss what triggered the need for the pause.

### Exercise 2: Focus on Conflict Resolution

- **Goal:** Increase mutual understanding and effective communication during disagreements.
- **How to Practice:** When a conflict arises, commit to a minimum of 15 minutes of uninterrupted, device-free active listening. Each person must summarize the other's perspective to their satisfaction before sharing their own.
- **Reflection:** Note what you learned about your partner's perspective and what steps you agreed on to move forward.

### **IV. Goals for the Next Session**

*What progress will be reviewed in the subsequent meeting?*

#### Short-Term Goal (Next 7 Days):

- Successfully complete three communication check-ins without escalating to conflict.

#### Long-Term Goal (By Next Session):

- Establish a pattern of open, respectful, and active listening in discussion to ensure each spouse feels heard and validated when discussing differences or making decisions.

### **V. Coach's Encouragement**

*Remember that progress, not perfection, is the goal. Be kind and patient with yourselves and each other as you implement these changes. We look forward to celebrating your success with you at our next meeting.*

Next Scheduled Session: **March 23, 2025**