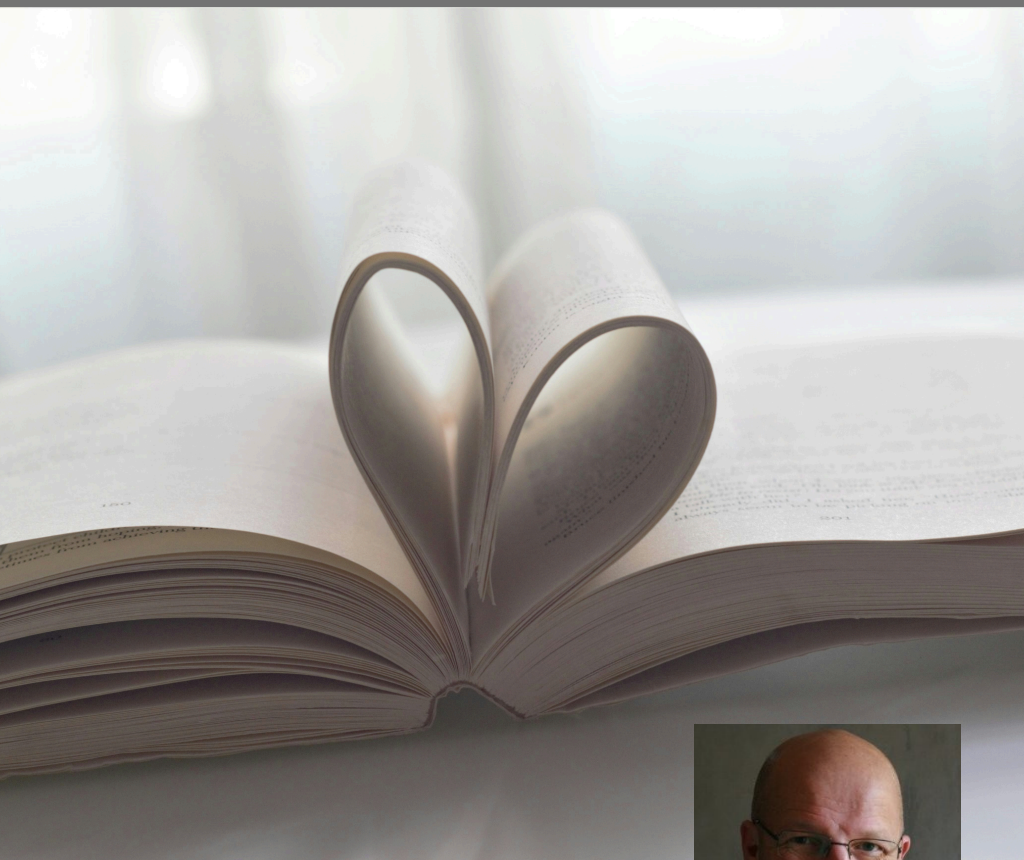


# Couple Matters

Support for healthy relationships

## ULTIMATE COUPLE'S RELATIONSHIP WORKBOOK:

Enhance Communication, Strengthen Connection & Foster Growth



**Rodney McBride**  
Psychologist and Author

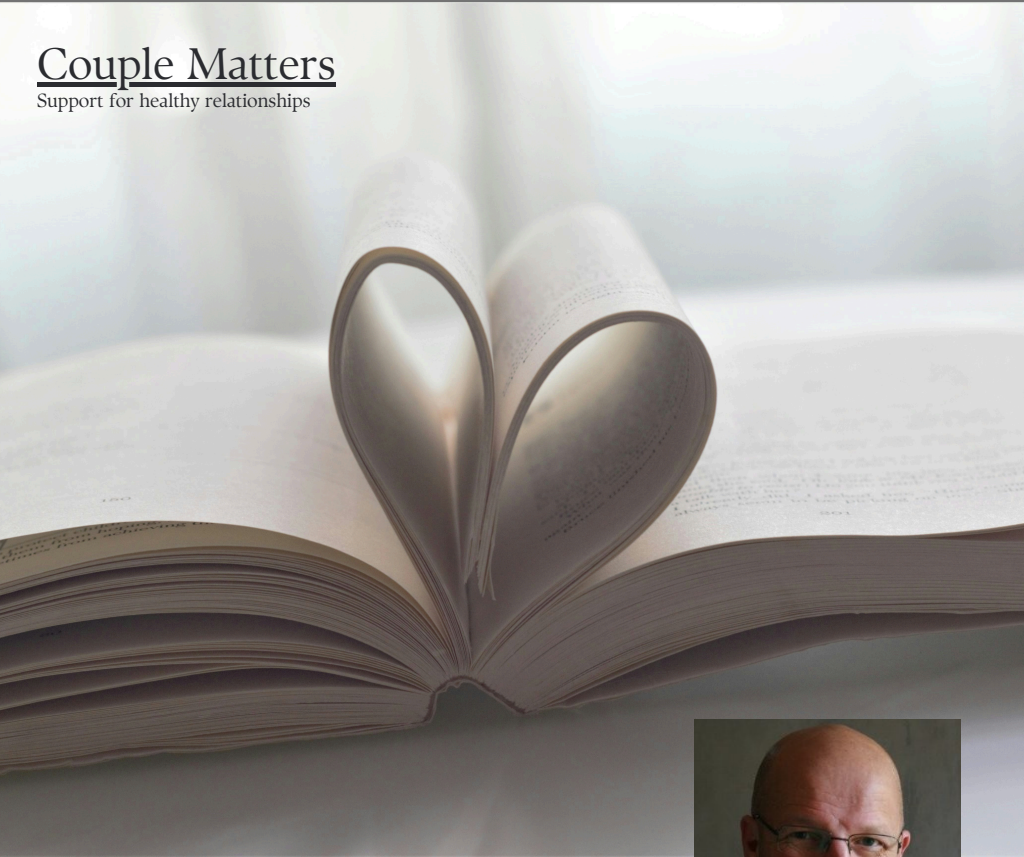


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## INTRODUCTION

# Hello, I'm Rodney McBride!

With over 40 years of experience supporting couples in marital and long-term commitments, Rod understands that divorce and separation can be appropriate solutions for some relationships. However, he believes many divorces result from couples struggling to rejuvenate stagnant relationships. After a certain point, many couples find themselves at a loss for how to evolve and adapt to benefit their relationship and any children involved.

Couple-Matters is dedicated to helping couples at any stage of their relationship. Whether you're just beginning your journey together or have been in a long-term commitment for years, our mission is to support you in nurturing and growing your relationship.



# Purpose of the Workbook

The purpose of this couple's relationship workbook is to provide a structured and engaging resource for partners to explore their relationship on a deeper level. This workbook aims to:

- 1. Enhance Communication:** Encourage open and honest dialogue between partners, facilitating discussions about feelings, needs, and desires.
- 2. Promote Understanding:** Help couples gain insight into each other's thoughts, behaviors, and emotional responses, fostering empathy and compassion.
- 3. Identify Strengths and Challenges:** Assist partners in recognizing their individual and collective strengths, as well as areas for growth, promoting a balanced and healthy relationship dynamic.
- 4. Set Goals Together:** Guide couples in establishing shared goals and visions for their relationship, enhancing collaboration and commitment.
- 5. Encourage Growth:** Provide exercises and reflections that support personal and relational growth, helping couples navigate challenges and celebrate successes together.
- 6. Strengthen Connection:** Facilitate activities designed to deepen emotional intimacy and connection, reminding partners of the love and affection they share.
- 7. Cultivate Resilience:** Equip couples with tools and strategies to overcome obstacles, build resilience, and strengthen their partnership through life's ups and downs.

# Purpose of the Workbook

Overall, this workbook serves as a valuable tool for couples at any stage of their relationship, guiding them toward a more fulfilling, harmonious, and lasting partnership.

If you would like assistance to complete these tasks, or if issues are raised during the course of these conversations, then please feel free to contact me via the Contact page of [www.couple-matters.com](http://www.couple-matters.com).

## Let's Start

You are committing to a long-term relationship. The top issue for all relationship checklists is communication. My wife and I have a lovely habit of sitting on the verandah late in the afternoon, watching the sunset (perhaps with a glass of something in our hand), and spending dedicated time talking to each other about whatever is on our minds. What do I mean by dedicated time? I mean that I want to develop confidence, in myself being able to express myself, knowing that I won't be interrupted, and my wife knowing that she can listen because she will get her turn.

Do you know, I gave this task to a couple that I was working with. They reported back that they had no idea what to talk about. So here is a list, start talking to your partner about any or all of the items on this list.

TASK I

# The Questionnaire

## Section 1: Getting to Know Each Other

### Life Story

- What was your childhood like?
- What are some of your most cherished memories?
- What are some of your biggest challenges you've faced?
- How do you think your upbringing has shaped who you are today?

### Goals and Dreams

- What are your personal goals for the next 5 years?
- What are your shared goals for your relationship?
- What are your dreams for your future together?
- What are your career aspirations?

TASK I

# The Questionnaire

## Section 2: Building a Strong Foundation

### Communication

- What are your communication styles?
- How do you handle disagreements?
- What are some effective communication strategies?
- How can you improve your active listening skills?

### Conflict Resolution

- What are your go-to strategies for resolving conflicts?
- How can you avoid escalation during arguments?
- What are some healthy ways to express anger?
- How can you compromise and find mutually beneficial solutions?

### Trust and Honesty

- What does trust mean to you?
- How can you build trust in your relationship?

### Support and Encouragement

- How can you support each other's goals and dreams?
- How can you offer encouragement during difficult times?
- How can you celebrate each other's successes?
- What are some ways you can show appreciation for each other?

TASK I

# The Questionnaire

## Section 3: Planning for the Future

### Relationship Goals

- What are your short-term and long-term goals for your relationship?
- How do you envision your relationship in 5 years? 10 years?
- What are your expectations for commitment and exclusivity?
- How do you plan to maintain intimacy and connection over time?

### Financial Planning

- What are your financial goals?
- How do you plan to manage your finances together?
- What are your views on budgeting and saving?
- How do you plan to handle debt?

### Career and Education

- What are your career aspirations?
- How do you plan to balance your careers and relationships?
- What are your educational goals?
- How can you support each other's professional growth?

### Family Planning

- What are your thoughts on having children?
- When do you envision starting a family?
- How do you plan to balance work, family, and personal life?
- What are your parenting values and beliefs?

TASK I

# The Questionnaire

## Section 4: Challenges and Growth

### Potential Challenges

- What are some potential challenges you may face in your relationship?
- How do you plan to address these challenges?
- How can you be proactive in preventing issues?
- What are some red flags to watch out for?

### Personal Growth

- What are some areas where you want to grow personally?
- How can your partner support your personal growth?
- How can you encourage your partner's growth?
- What are some ways you can learn and develop together?

### Relationship Growth

- How can you continue to deepen your connection and intimacy?
- What are some ways to keep the spark alive?
- How can you avoid falling into routines and complacency?
- What are some new experiences you can try together?

## TASK II

# The Relationship Game

## Game Setup

### 1. Materials Needed:

- A set of cards or pieces of paper
- Pens or pencils
- A timer (optional)

### 2. Preparation:

- Each partner will privately write down 3 strengths and 3 challenges they believe they possess on separate cards. Make sure to use two different colors of cards (*e.g., green for strengths and red for challenges*).

## How to Play:

### 1. Writing Phase:

Each partner takes about 5–10 minutes to write their strengths and challenges on their cards. Be honest and thoughtful.

### 2. Guessing Phase:

- One partner will start by reading one card from their own strengths pile (*without revealing which it is*) and the other partner will guess what they think it is.
- If the guessing partner gets it right, they earn a point. If not, they can ask for a hint to try guessing again.
- After guessing the strength, the guesser can then read a strength card from their own pile and the roles reverse.

TASK II

# The Relationship Game

### 3. challenge cards.

The guessing partner will read a challenge card and the other partner must guess.

### 4. Scoring:

- At the end of the game, tally up how many strengths and challenges each partner correctly guessed.
- Each correct guess is worth 1 point; whoever has the most points wins the round!

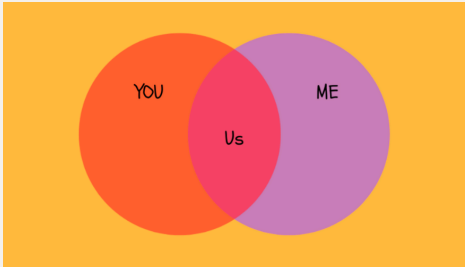
### Optional Elements:

- **Reflection:** After the guessing game ends, take some time to discuss what each partner wrote down. This can lead to deeper conversations about personal growth and support.
- **Extra Rounds:** If you want to extend the game, consider additional rounds where you explore a specific strength or challenge more deeply, discussing how each partner can support the other in overcoming challenges or utilizing strengths.

TASK III

# What am I bringing?

In the Couple Matters blog site, you will find the following diagram discussed frequently.



In this task, you are asked to think about and make notes, on what is in the Me section. To achieve this task, think about the following questions:

- When you were a single person, what was your favorite activity (*what kept you sane*)?
- Who are your friends that you want to maintain an ongoing relationship with?
- What hobbies do you like?
- Name two or three things that you strongly believe in.
- Think about your parents. Which part of their relationship did you consider really worthy of taking into your own relationship? Which part of their relationship would you not want to replicate in your relationship?
- Think of 2 or 3 dreams for the future.
- How important is your career? What do you see yourself doing job wise in 5 years time?
- Which parts of your personality are you happy with? In what way could you improve? List 2 or 3 ways to achieve this.

## CONCLUSION

# The Ultimate Couple's Relationship Workbook

In conclusion this workbook is designed to enhance communication, strengthen connections, and foster growth in your relationship.

With insights from **Rodney McBride**, a seasoned psychologist and author, this workbook serves as a valuable resource for couples seeking to deepen their understanding of one another and navigate challenges together.

At Couple Matters, we believe that every relationship has the potential to thrive, and we are here to support you on your journey toward a healthier, more fulfilling partnership. Embrace the tools and strategies within these pages, and take the next step toward nurturing your bond.

Feel free to reach out to me through the contact page at [www.couple-matters.com](http://www.couple-matters.com) for individual or couple consultations, or you can email me directly at [rodney.mcbride07@gmail.com](mailto:rodney.mcbride07@gmail.com).