



Couple Skills: Making Your Relationship Work

Matthew McKay, Patrick Fanning, Kim Paleg, Patrick Fanning, Kim Paleg

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Couple Skills is different from other relationship books because: The focus is on action and change rather than theory. You can pick and choose what you most want to learn, focusing only on skills and chapters that are relevant to your needs. Each chapter has a standardized format and covers one skill. Here's what's covered: listening skills, expressing feelings and scripting needs, reciprocal reinforcement, clean communication, identifying and changing cognitive distortions, negotiation, problem solving, assessing and changing aversive strategies, coping with anger, coping with an angry partner, time out, identifying schemas about your partner, old tapes: separating your partner from your parents, coping with your defenses, identifying and intervening in your couple system, expectations, rules, and acceptance.

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