

GIVING FEEDBACK USING THE COUPLE AND FAMILY MAPS

Each person described his/her Couple Relationship and his/her Family-of-Origin on closeness and flexibility and the results are summarized on the Couple and Family Maps.

- Define couple and family closeness and balancing separateness versus togetherness.
- Define couple and family flexibility and balancing stability versus change.
- Describe both balanced and unbalanced types of couple and family relationships.
- Give a brief overview of the Couple and Family Maps and your personal experience using the maps with other couples. Show the couple where they are plotted on the Couple and Family Maps.
- Consider the following examples with the couple as you discuss the closeness and flexibility in their families of origin:

Family gatherings during a holiday

Dinner time/Meal time

Closeness in your parent's marriage

Caring for a sick family member

Celebrating a birthday or anniversary

Discipline and parenting responsibilities

Flexibility in your parent's marriage

Adjusting to a stressful change

- 1) How similar or different were your families in terms of closeness & flexibility?
- 2) How might the similarities or differences impact your current relationship?
- 3) What from your family of origin would you like to repeat in your couple relationship?
- 4) What from your family would you not like to repeat in your couple relationship?
- 5) How satisfied are you with the current level of closeness and flexibility in your couple relationship?
- 6) Consider ways you might increase or decrease these levels.